



by  
*Tahnese Veard*

Brownnee has  
***BIG feelings!!***

Hi, I'm  
**Brownnee.**

Sometimes  
I have  
**BIG** feelings.



# Sometimes I feel...



happy.



sad.



mad.



scared.

When I feel  
big feelings,  
my body  
feels **different**.



My heart  
beats fast.



My eyes  
get watery.



I feel it  
inside my  
body.



All feelings  
are **okay**.

Feelings  
come...  
and feelings  
**go**.



I can **talk**  
about my  
feelings.

I don't have  
to keep them  
**inside.**



I am **safe**.

I am **loved**.

My feelings  
**matter**.



## Page 8 (Parent Page)

### Ask your child:




What feeling do you have today?



Where do you feel it in your body?



Who can you talk to when you feel this way?

Thank you for helping your child understand and express their big feelings. You are their safe place. 





# Brownee has BIG Feelings!

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Brownee is a curious little girl with a big heart, and even bigger feelings. In this warm and colorful story, she discovers that all feelings are okay, that feelings come and go, and that talking about how we feel makes us stronger.

*Perfect for ages 2 to 6*

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## About the Author

Tahnese Veard is an educator and therapist devoted to children's emotional wellness. *Brownee has BIG Feelings!* is her debut picture book, a love letter to every child learning to understand the world of feelings inside their heart.



*Chosen Journey Therapy Group LLC · A Tahnese Veard story*