Welcome to Cleo's Big Feelings!

Cleo is a lovable little bear with a big heart—and sometimes, even bigger feelings. When Cleo feels angry, left out, frustrated, or sad, he doesn't always know how to tell others what is happening inside. Sometimes his big feelings come out through hitting, yelling, or making choices that hurt his friends.

With the patient guidance of his teacher, Misty, Cleo discovers that all feelings are okay, but not all behaviors are okay. He learns simple strategies young children can use too: taking a deep breath, counting to three, asking for help, naming a feeling, and using words such as "I'm mad," "I'm sad," or "Can I play too?"

Cleo's Big Feelings reminds children that learning to manage emotions takes practice. It also encourages adults to look beyond a child's behavior and help them develop the words and skills they need to communicate.

As you read together, pause and ask your child:
"What is Cleo feeling?"
"What could Cleo do instead?"
"What helps you when you have a big feeling?"

Because sometimes the smallest words—"Can I play?" "I need help," and "I feel sad"—can make the biggest difference. ❤️

Best Wishes,

Misty McNulty

Cleo and His Big Feelings

Story By Misty McNulty





CHILDREN LIKE CLEO ARE STILL LEARNING HOW TO RECOGNIZE EMOTIONS, COMMUNICATE THEIR NEEDS, AND CALM THEIR BODIES. ADULTS CAN HELP BY TEACHING THESE SKILLS BEFORE, DURING, AND AFTER DIFFICULT MOMENTS.

⭐ REMEMBER

BIG FEELINGS NEED GUIDANCE, NOT SHAME. THE GOAL ISN'T TO STOP CHILDREN FROM FEELING ANGRY. IT'S TO TEACH THEM WHAT THEY CAN SAFELY DO WITH THEIR ANGER.