

When Giggly Felt Nervous

A cozy story about big feelings



Today, Giggly had a tummy full of butterflies. He was nervous about something new.



His heart beeped fast. "What if I forget what to say?" he thought.



Giggly took a big breath in... and a slow breath out. He reminded himself,

"I can do hard things."



When it was his turn, Giggly spoke a little shy at first... but then he smiled!



His friends clapped and cheered. Giggly felt so proud of himself!

The Happy Lesson

It's okay to feel nervous. We can take deep breaths, be brave, and try our best. We are so proud of you!

Giggly's Calm Breathing

When you feel nervous, try this with Giggly:

1 Breathe in through your nose...



2 Breathe out slowly...

3 You've got this!



You are brave. You are loved. You are you.



Love, Giggly Duck

Big feelings are okay. Brave hearts shine!