

Rosa woke up with a
tight, twisty feeling
inside her chest.
“I feel mad,” she whispered.



At breakfast,
her tower of toast
fell down.
Rosa stomped her foot.
“That is not fair!”
she said.



Mama sat beside Rosa.
“Big feelings visit everyone,”
she said softly.
Rosa nodded and listened.



Rosa held up one finger for each feeling. “Mad. Sad. Frustrated,” she said. Naming them made them feel smaller.



Then Mama showed Rosa
the rainbow breath.
Breathe in for one, two, three.
Breathe out slow like a soft cloud.





Rosa tried it.
In... two... three.
Out... two... three.

Her shoulders began to drop.

Next, Rosa squeezed a
pillow three times.
She jumped in place once,
then sat down again.
Her body felt ready to rest.



The toast still needed fixing,
so Rosa asked for help.
Together, she and Mama built
a new little breakfast tower.



Rosa smiled.
"I can have big feelings
and still choose
a calm action,"
she said.



That day, Rosa learned a brave thing:
feelings are okay, and she can help
her body feel safe again.

