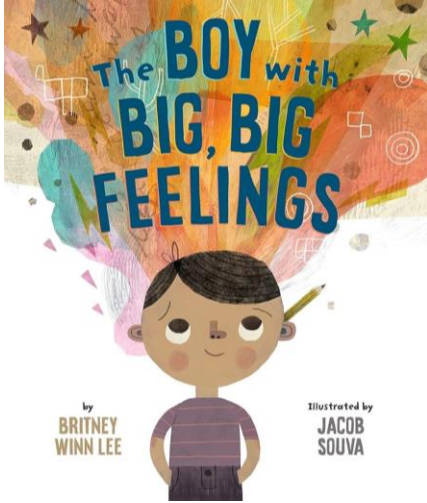


Discussion Guide for Families



The Boy with Big, Big Feelings

Author: Britney Winn Lee

Illustrator: Jacob Souva

Themes: Emotions, Acceptance

Book Brief: The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated.

READ ALOUD

Before Reading: Build Background

- Ask your child if they have ever felt frustrated because they couldn't communicate how they felt. Encourage them to share what helped them feel better.

While Reading: Make Connections

- How does the boy feel about having such big, big feelings? How do you know?
- Why was the boy afraid to let his classmates see how big his feelings are?
- How did the boy and the girl who was crying show kindness to one another?

After Reading: Ask Questions

- How does the boy learn to accept himself and all of his big, big feelings?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- As a family, discussing ways to cope with strong feelings.
- Reading more books that explore ways to express feelings, such as [Niko Draws a Feeling](#).