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Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel silly
Sometimes I feel cranky

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel scared

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like standing on my head

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like reading a book under the covers

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like celebrating my birthday

Adapted from the original text, *The Feelings Book* by Todd Parr
even though
it’s not today

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel brave

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel
Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like I have a tummy ache

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like holding hands with a friend

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel lonely

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like yelling really loud

Adapted from the original text, The Feelings Book by Todd Parr
Sometimes I feel like staying in the bathtub all day.

Adapted from the original text, *The Feelings Book* by Todd Parr.
Sometimes I feel like crying

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like eating pizza for breakfast

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like kissing a sea lion

Adapted from the original text, *The Feelings Book* by Todd Parr
Sometimes I feel like a king

Adapted from the original text, *The Feelings Book* by Todd Parr
No matter how you feel, don't keep your feelings to yourself. Share them with someone you love.

Love, Todd

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