

The Feelings Hotel



Emma Quick

The Feelings Hotel

Written and illustrated by
Emma Quick.

Inspired by
Rumi: The Guest House

For Lowen.



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We are all the owners of
our very own feelings hotel.
Where feelings come and
feelings go.



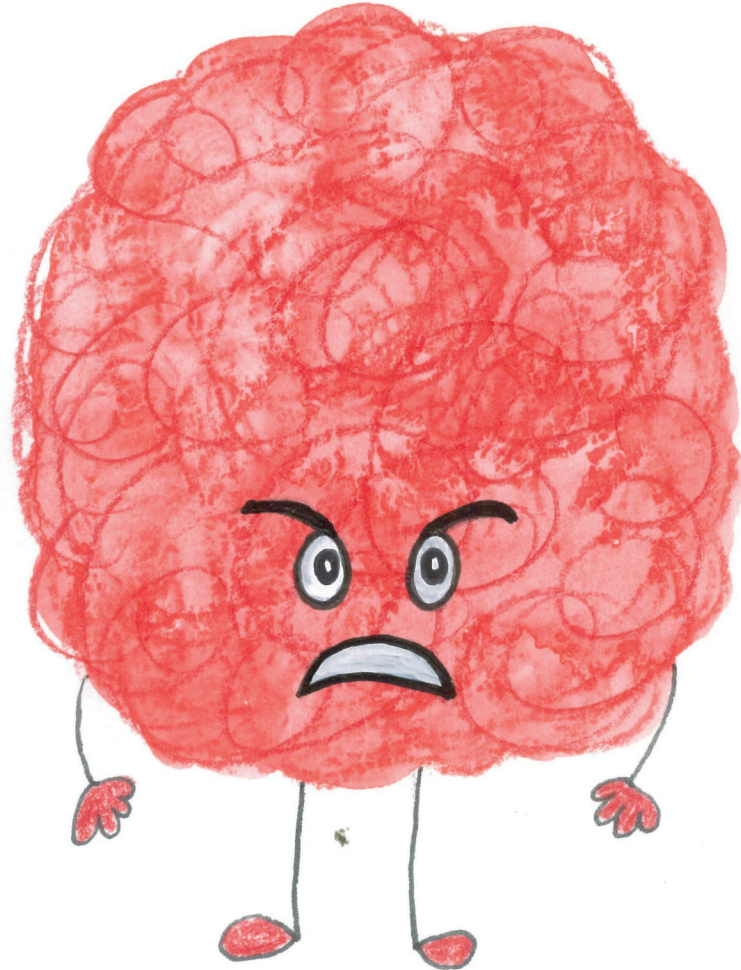
Some feelings are fast and
some are slow.
Welcome them all in and
say "Hello".

Here comes Sad,
I give her a hug.



I make hot chocolate in her
favourite mug.

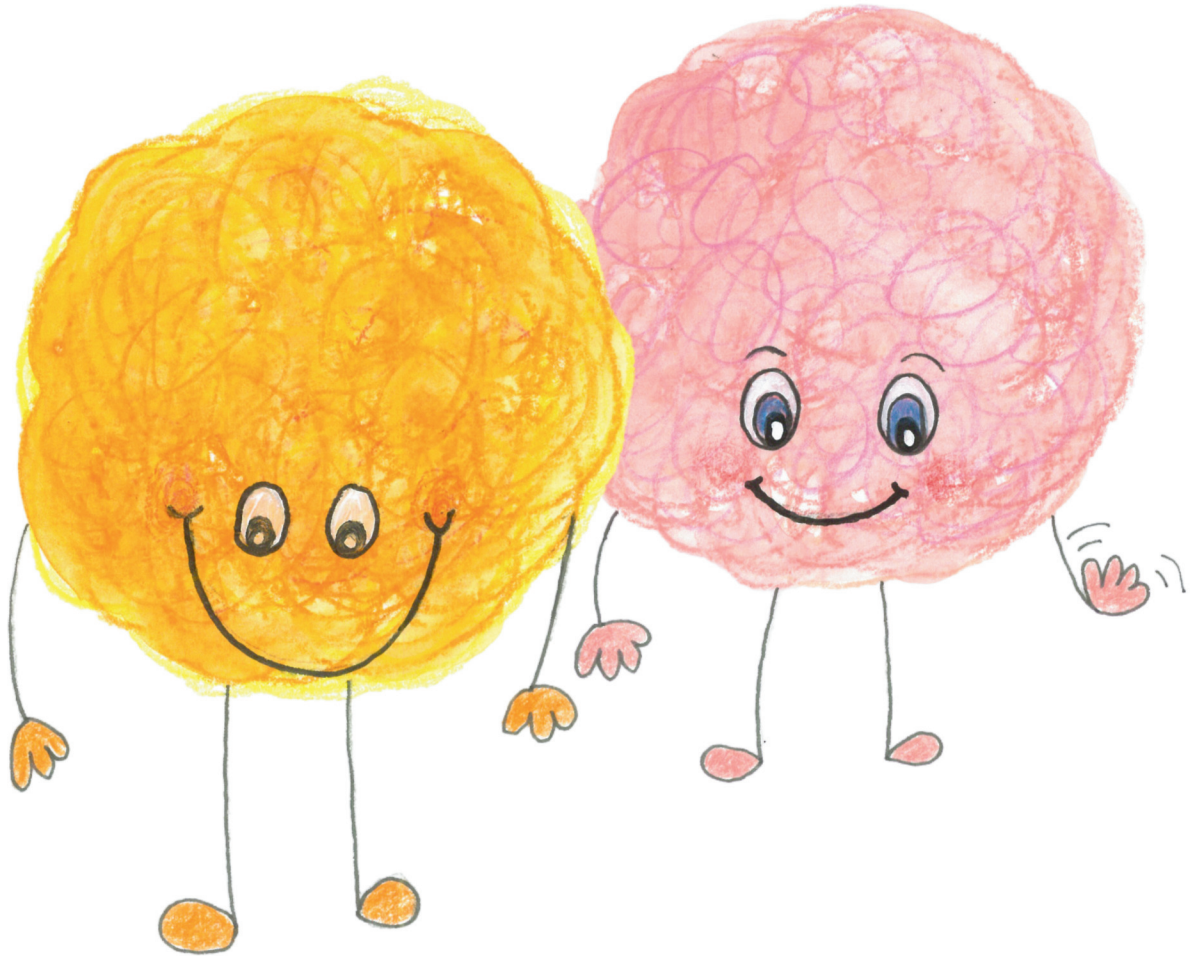
Then in stomps anger,
I point him to the pool.



We both
have learnt
what keeps
him cool.

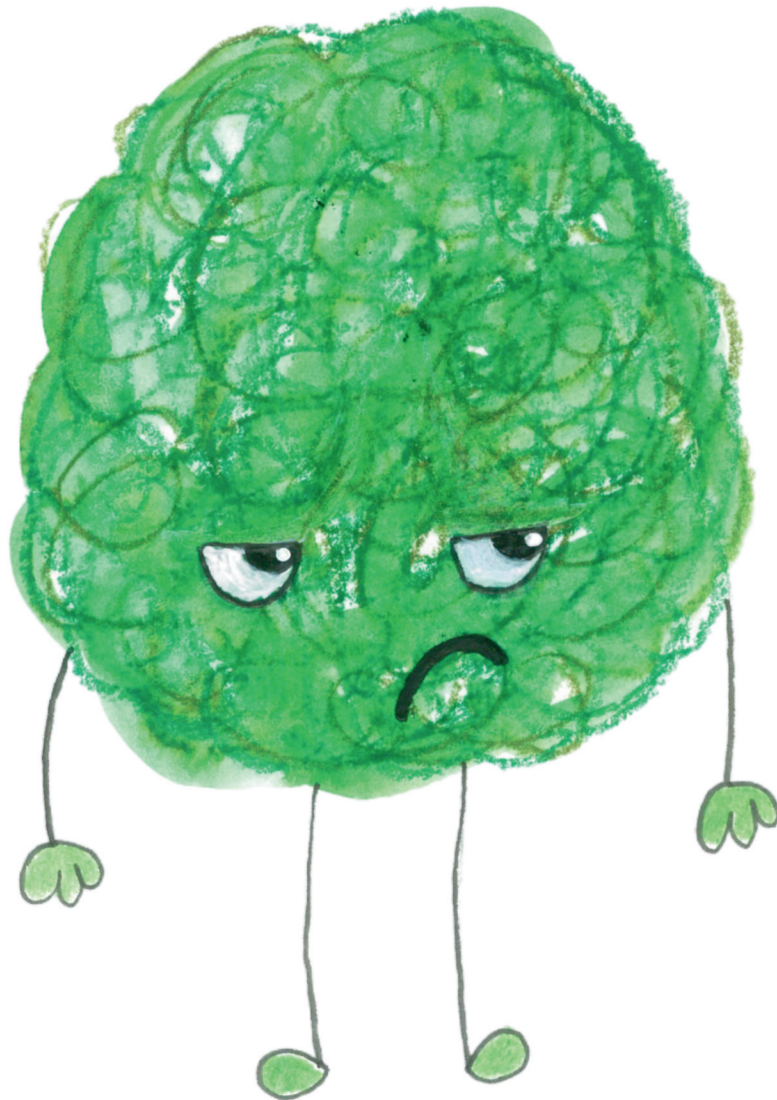


Later that day,
Happy checks in.



He's been playing with
kind and he has the
biggest grin.

It's been a busy day
and that's when I see,
jealous has curled up
next to me.



The Morning arrives and
some feelings have gone.



Just like the weather my
feelings always move on.

It's Breakfast time
and Scared is looking
a bit worried.



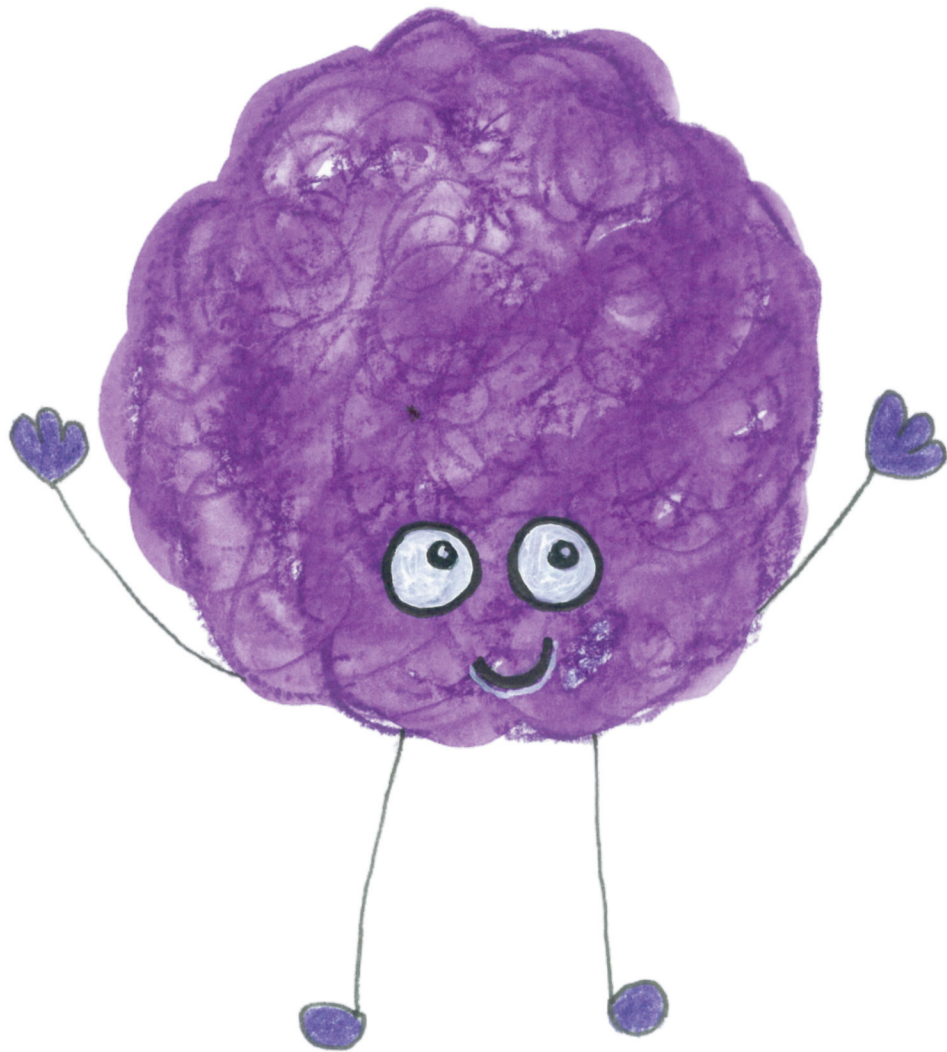
He finds mornings
hard and hates to be
hurried.

But Calm arrives
and joins her friend.



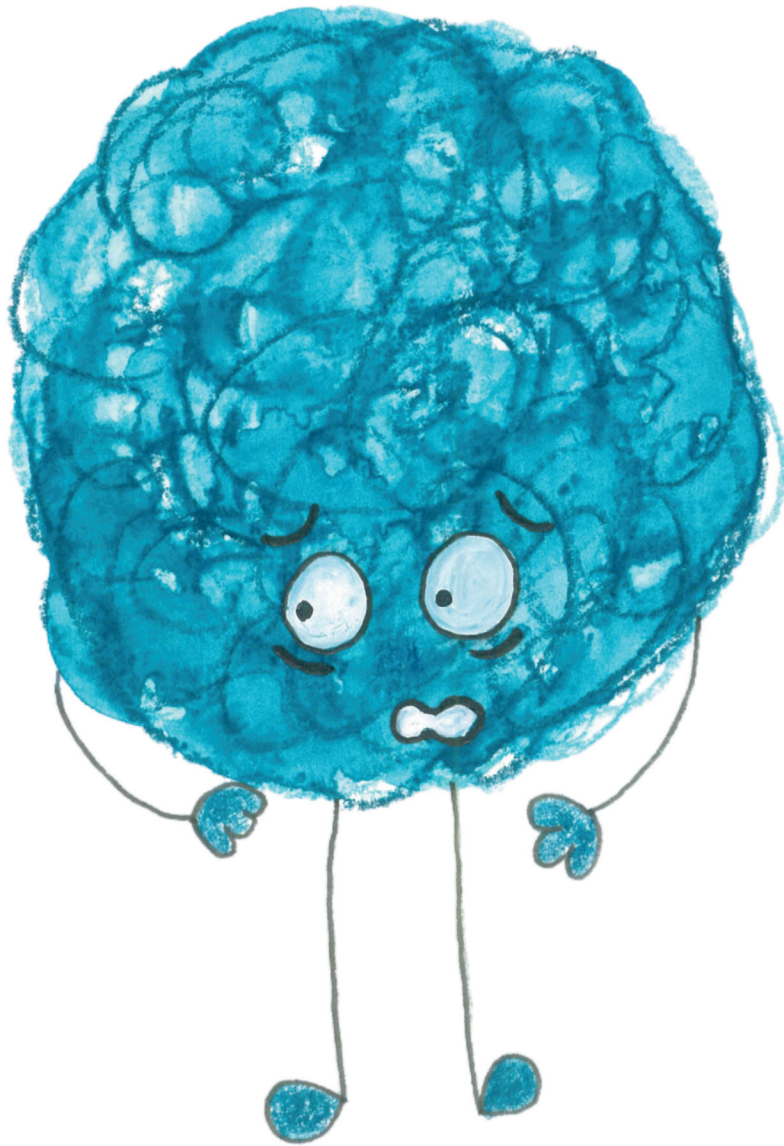
And they are both
laughing by the time
breakfast ends.

Its a very busy day and
Brave whizzes through the
door.



She bounces on beds and
runs up and down each
floor.

I catch both Brave and
Scared before they decide
to leave.



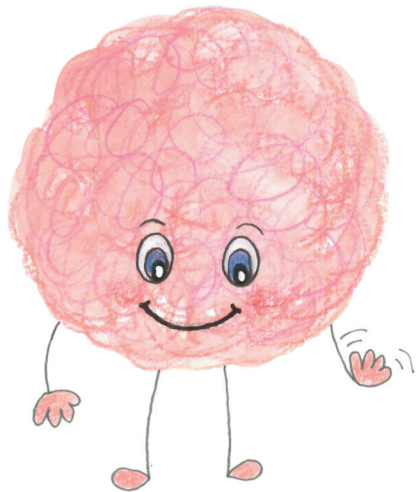
We all take a moment to
sit and breathe.

Each of my feelings has
something to say.
They show up to help me
find my way.

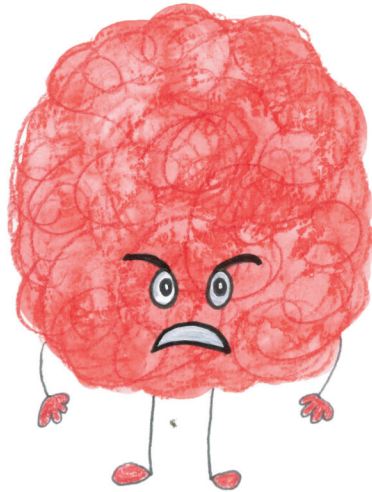


So thanks Fuzzy Feelings,
i'll see you next time.
Until then i'm doing
just fine.

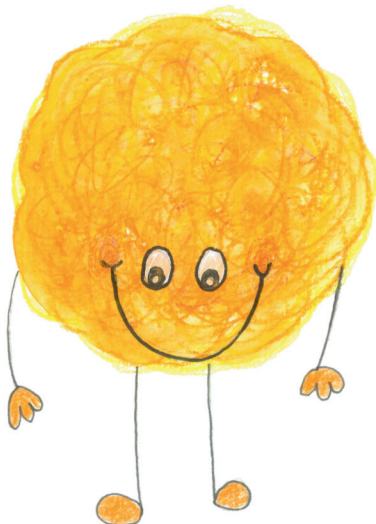
Meet your fuzzy
feelings.



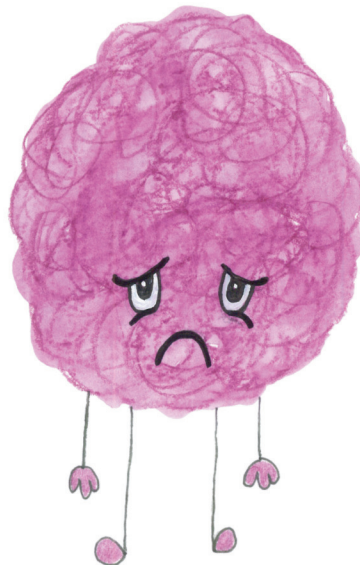
Kind



Anger

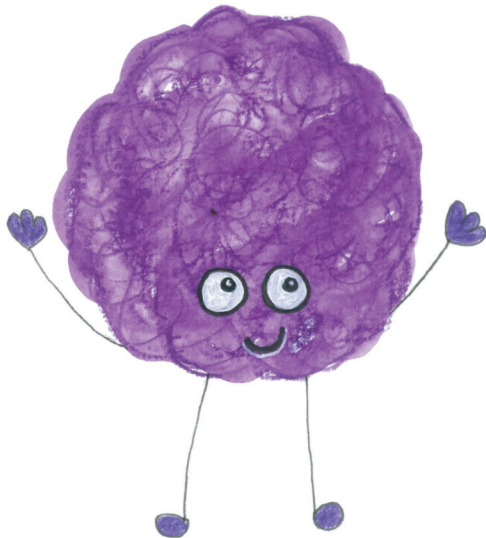


Happy

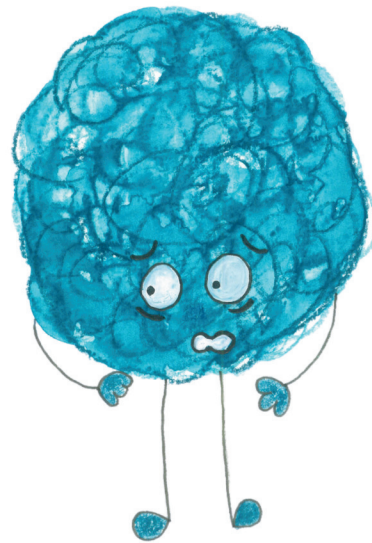


Sad

How do you
feel?



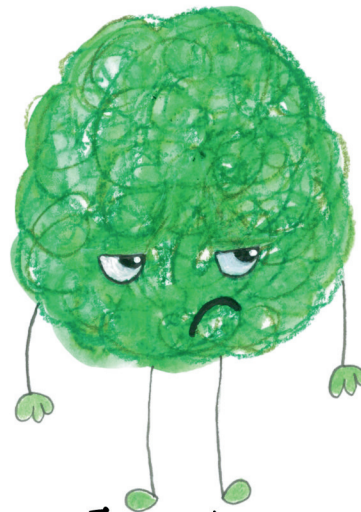
Brave



Scared



Calm



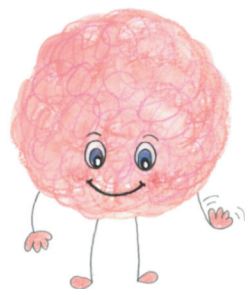
Jealous

The Feelings Hotel

WELCOME TO THE FEELINGS HOTEL.
THIS STORY IS ABOUT LEARNING TO
RECOGNISE AND GETTING TO KNOW
ALL OUR FEELINGS. WHEN WE NOTICE
OUR FEELINGS AND WELCOME THEM,
WE CAN THEN DECIDE HOW WE WANT
TO DEAL WITH THEM.



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The Feelings Hotel

Find the read along and
craft tutorial on YouTube
at

<https://youtu.be/vCt7ZSoF5aw?si=NMYS4W-Mp.BLsCIE9>



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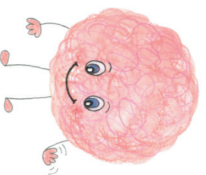


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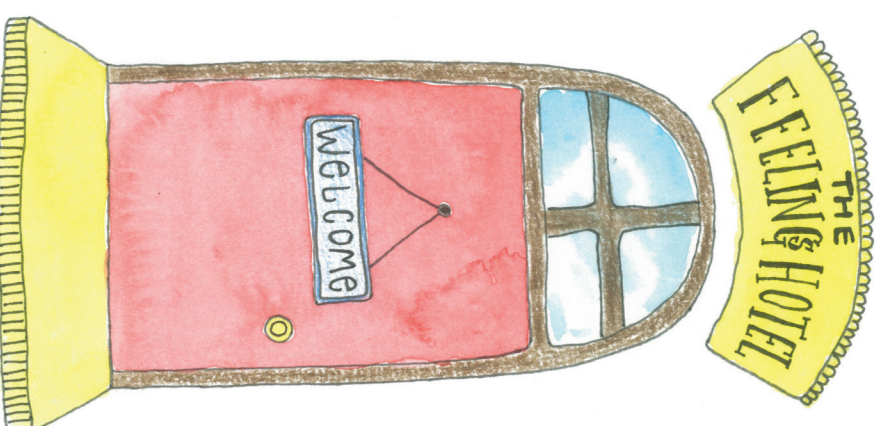
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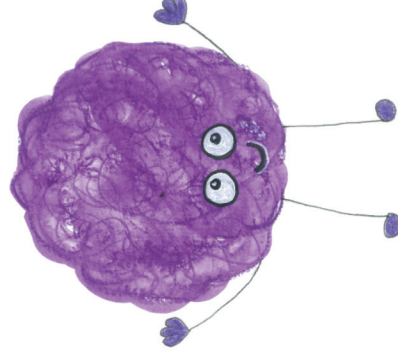
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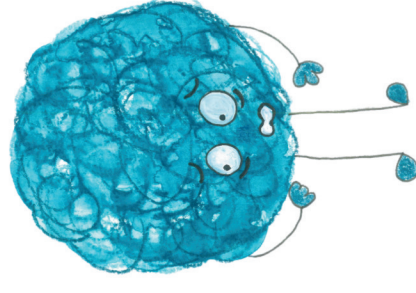
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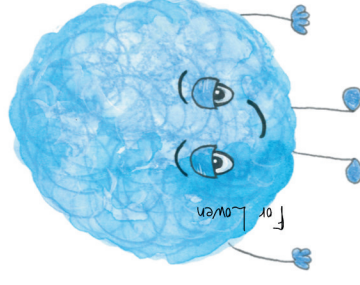
How do you
feel?



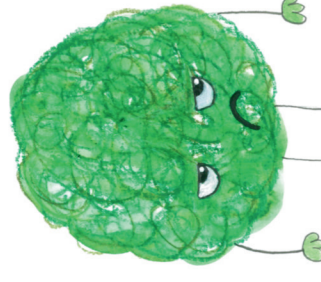
Brave



Scared

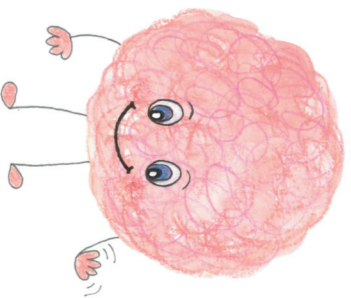


Calm

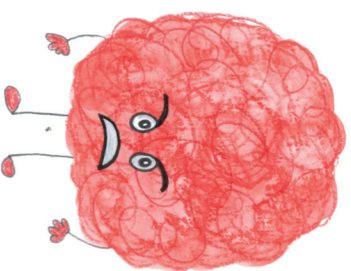


Jealous

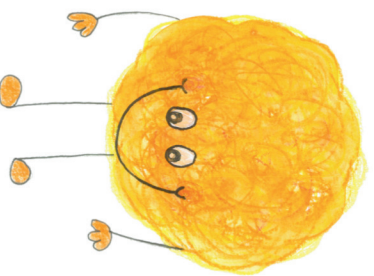
Meet your fuzzy
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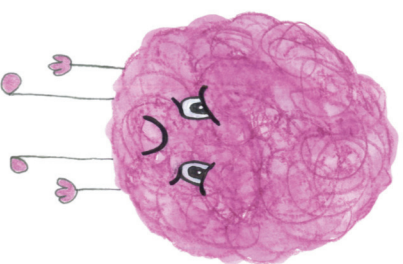
Kind



Anger

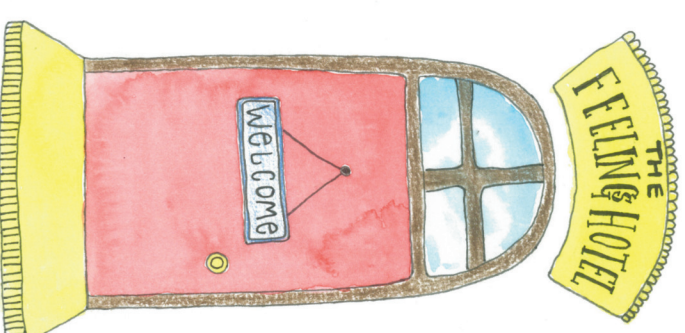


Happy



Sad

We all are the owners of
our very own feelings hotel.
Where feelings come along
and feelings go.



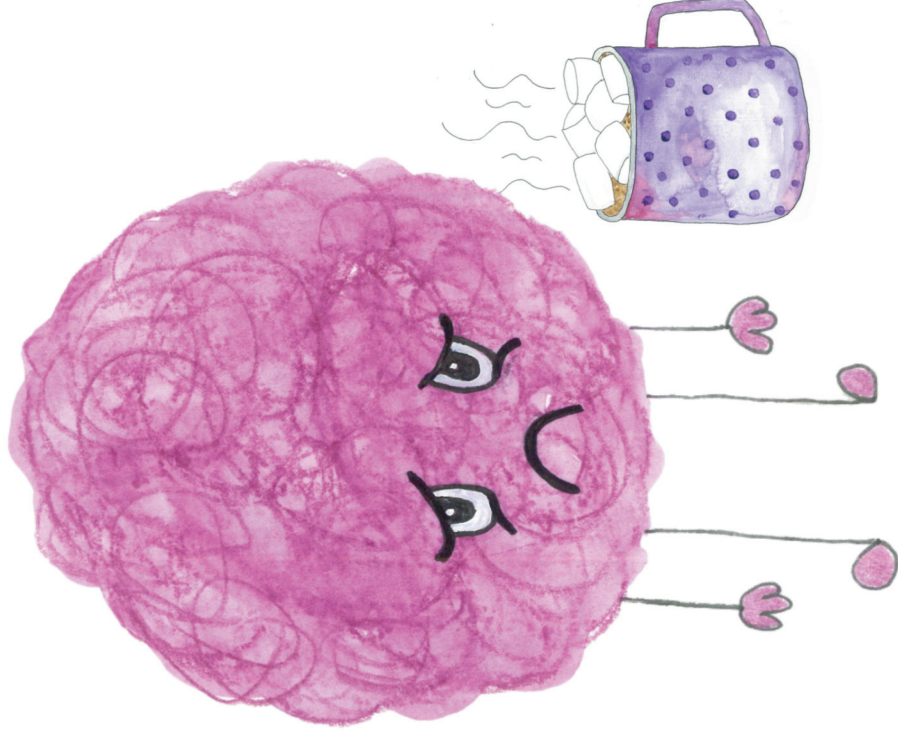
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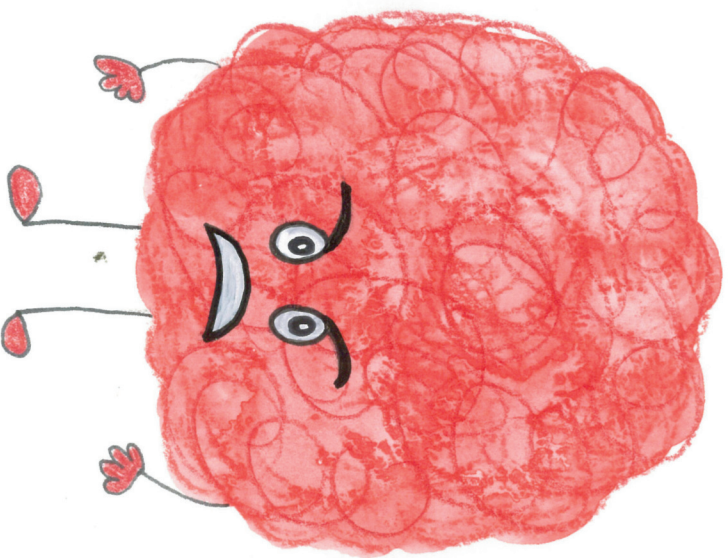
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Until then i'm doing
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Here comes Sadness,
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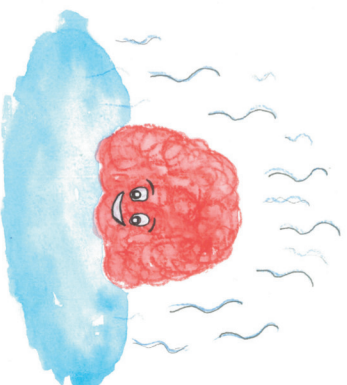


I make her hot chocolate in
her favourite mug.

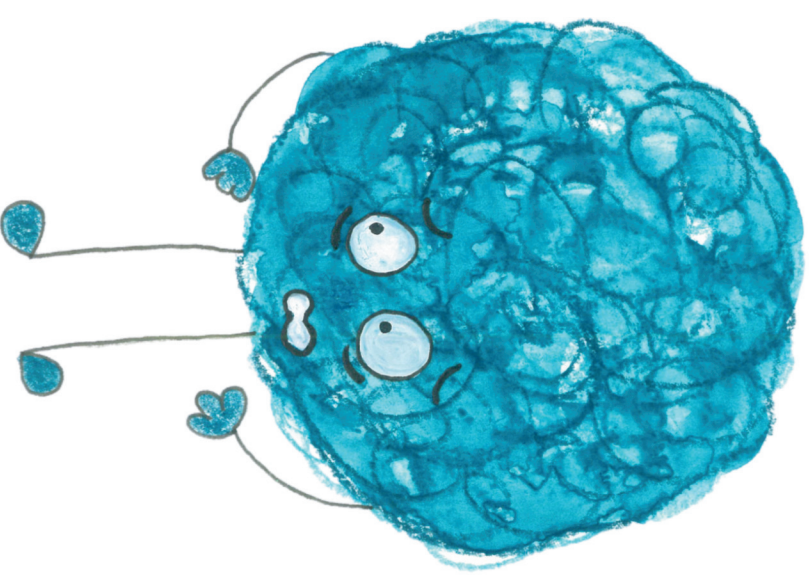
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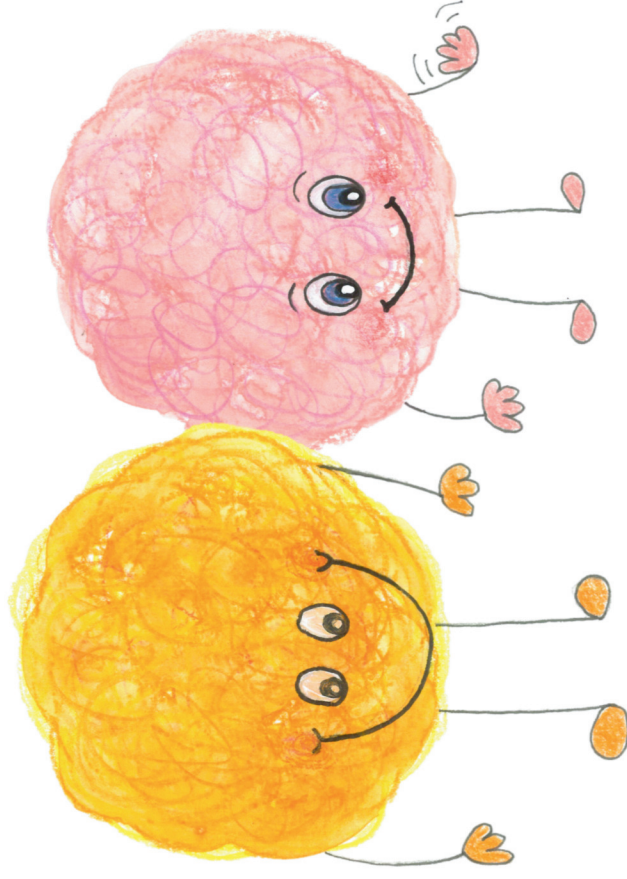


I catch both Brave and
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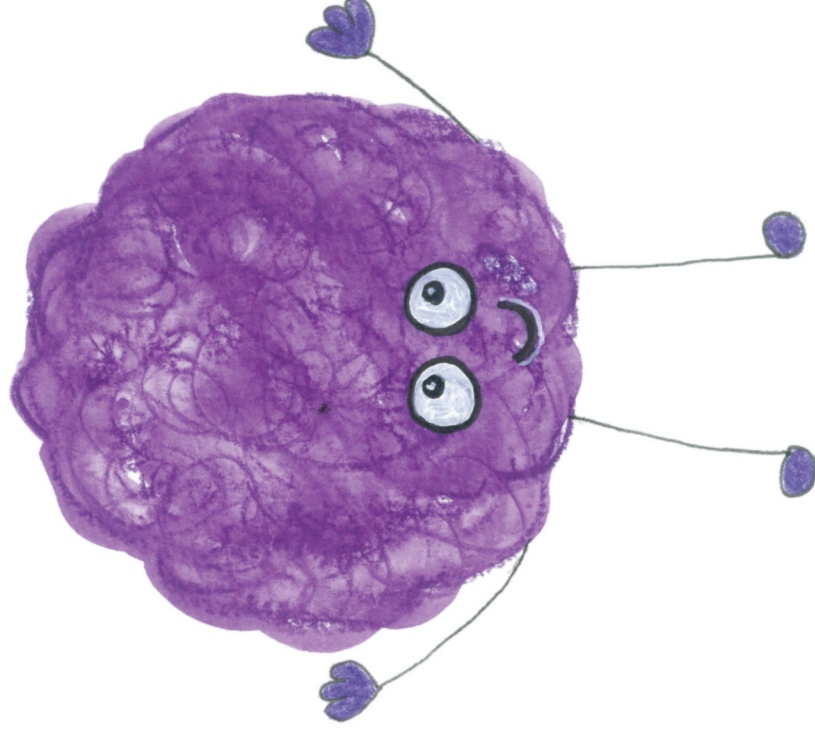
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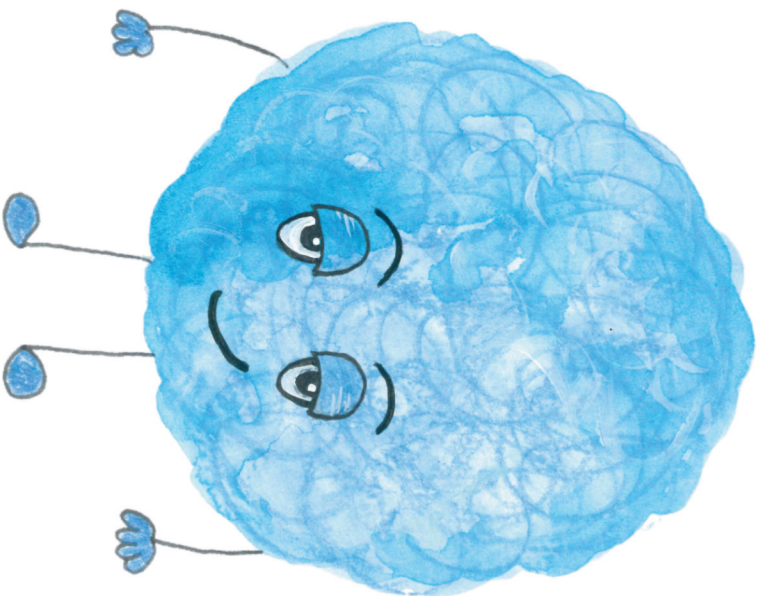
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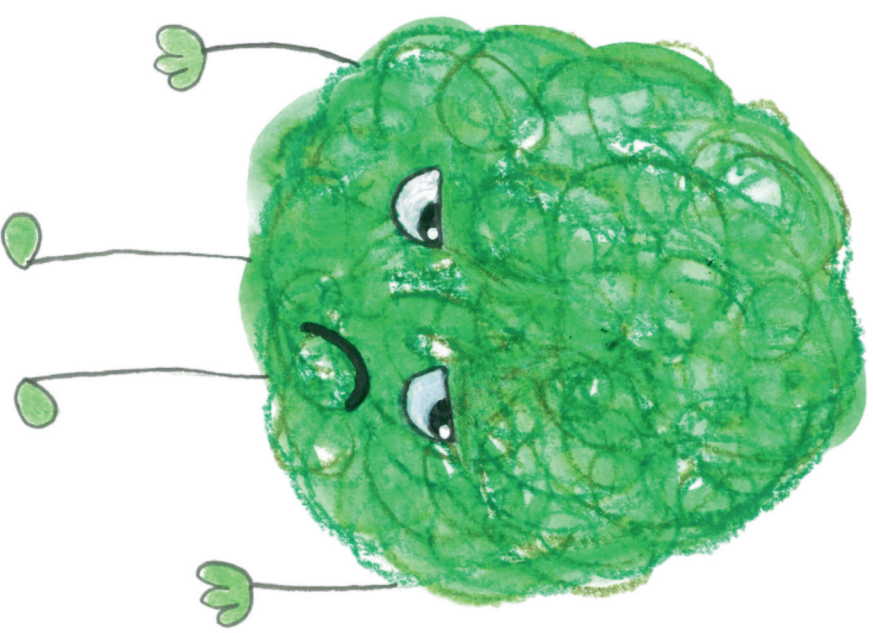
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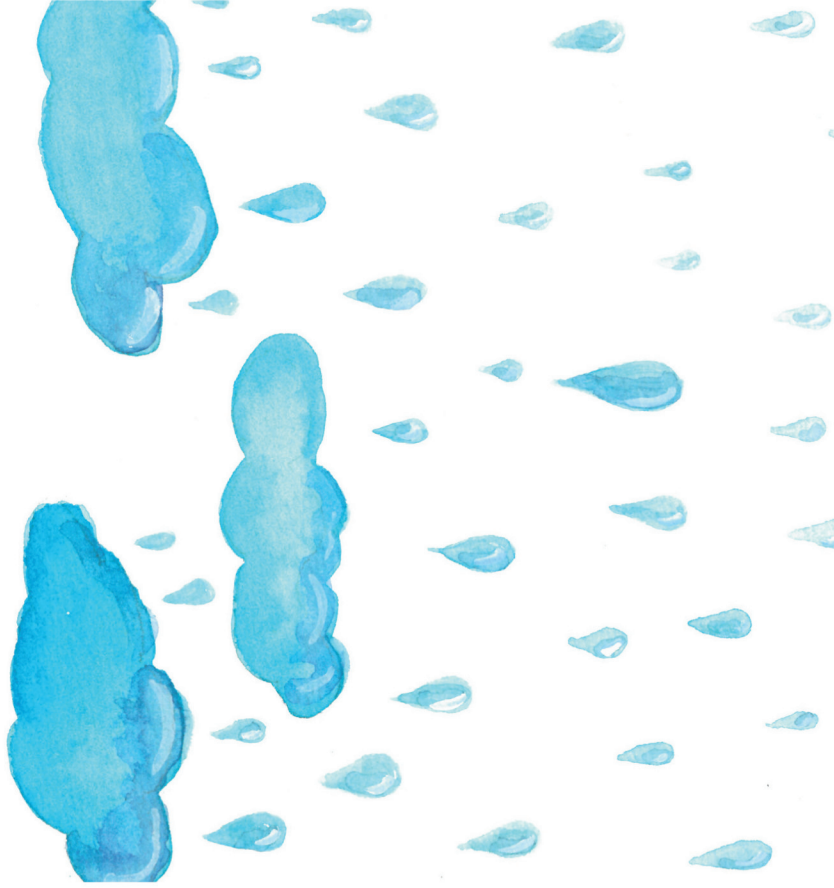


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breakfast ends.

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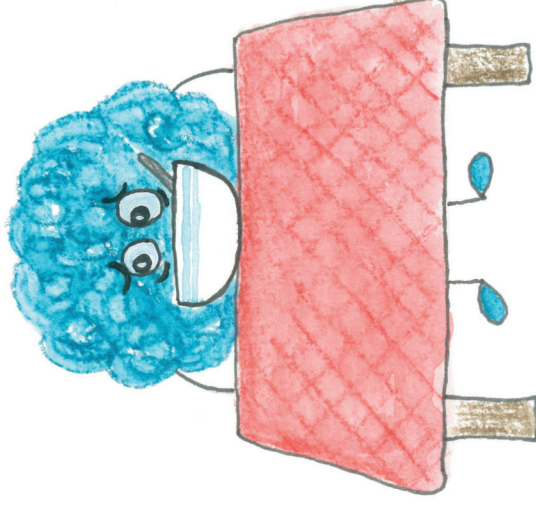


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