Feelings at the Fair

By Michelle Wanasundera
Illustrated by Torni Sapaku Abrija
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Library For All Ltd.
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This edition published 2023
Published by Library For All Ltd
Email: info@libraryforall.org
URL: libraryforall.org

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Library For All gratefully acknowledges the contributions of all who made previous editions of this book possible.

Original illustrations by Torni Sapaku Abrija

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ISBN: 978-1-922991-32-4
SKU03189
“So tell me about your lovely day at the fair,” said Grandpa.

“I don’t know where to start,” said Lily.

“Start at the beginning. Did you have fun on your way?”
“I was excited. But the trip there took so long,” said Lily.

“Ah, my excited girl,” said Grandpa.

“Then, there were rides, and food, and animals to pat, and even a lady doing magic.”

“Wow, that’s a lot!”

“I think I was feeling... um...”

“Overwhelmed? With lots happening at once.”

“Yes. But mostly excited.”
“I bet. And what else happened?” asked Grandpa.

“Well, I won a prize for catching fish,” said Lily.

“Fish?”

“Yes, toy fish. I was so happy.”

“I bet. So it was a great day.”
“Well, one bit was not so good. I was waiting in a line, I turned around, and Mum wasn’t there,” said Lily.

“Oh, were you okay?” asked Grandpa.

“I was okay when I found her after one minute, but before that I was so worried.”

“I bet.”
“So only that one bit?” asked Grandpa.

“No, one more bit. I was eating crunchy bread, and a bird came and took some right out of my hand,” said Lily.

“Oh, was that funny?”

“No, I was angry. I loved that bread...”

“I see,” laughed Grandpa.
“Well, all in all, a good day at the fair,” said Grandpa.

“Yes, I was sad to leave... But I was sleepy and slept all the way home,” said Lily.

“How lovely.”
Lily felt loved talking to Grandpa about her lovely day at the fair.

“You sure had a lot of emotions that day, didn’t you?” asked Grandpa.

“Emotions?” asked Lily.

“Feelings, lots of feelings when different things happened.”

“Yes, I did.”
“Now, give me a hug, my excited, overwhelmed, happy, worried, angry, sad, sleepy and loved girl.”
Some feelings are nice.

Some feelings are not so nice.

And sometimes we can have a mix of feelings all at once.

When we know what we are feeling, we can manage the feeling much better.
If you’re excited, be careful not to get carried away.

If you’re overwhelmed, take some time out.

If you’re happy, enjoy it.

If you’re worried, take deep breaths and find help.

If you’re angry, calm yourself with breathing, or jump, or dance it away.

If you’re sad, tell someone and do something you love.

If you’re tired, have a nap.

And if you’re feeling loved, love them back.
You can use these questions to talk about this book with your family, friends and teachers.

What did you learn from this book?

Describe this book in one word. Funny? Scary? Colourful? Interesting?

How did this book make you feel when you finished reading it?

What was your favourite part of this book?

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