

MY BIG FEELINGS!



BY [CHILDBOOK.AI](https://childbook.ai)

Melia sat on her bed holding her new backpack. Tomorrow was her first day of school! Mummy smiled and sat beside her. "How do you feel, sweetie?" Melia hugged the backpack tight. "My tummy feels funny," she said. "Like butterflies?" Mummy asked. Melia nodded. "That means you're excited and a little nervous. Those are big feelings, and that's okay!" Elsa jumped on the bed wearing her little hat, making Melia giggle.



Melia and Mummy picked out clothes for tomorrow. "I want my rainbow shirt!" Melia said. Daddy walked in carrying Elsa. "Great choice! You'll be the brightest rainbow in class." Melia smiled but then frowned. "What if no one wants to play with me?" Daddy knelt down. "You're kind and fun. Friends will find you." Melia felt a little better. Elsa barked happily, wagging her tail. "See? Elsa believes in you too!" Mummy said.



Morning came fast! Melia ate her breakfast slowly. Her tummy still had butterflies. Mummy braided her blonde hair. "You look beautiful," she said. Daddy packed her lunch with a special note inside. Elsa sat by the door with her hat on, ready to say goodbye. "Will you be here when I come home?" Melia asked. "Always," Mummy promised. "We'll all be waiting." That made Melia smile. She put on her backpack and took a deep breath.



The school was big and colorful! Children were everywhere. Melia held Mummy's hand tight. "There's your classroom," Daddy pointed. A kind teacher stood at the door. "Hello! I'm Miss Rose. Welcome!" Melia hid behind Mummy's leg. "It's okay to feel shy," Mummy whispered. Miss Rose smiled warmly. "We have puzzles and blocks inside. Would you like to see?" Melia peeked around Mummy's leg. Maybe school wouldn't be so scary after all.



Inside the classroom, Melia saw a girl with long black hair building with blocks. "That's Jasmine," Miss Rose said. "Would you like to help her build?" Melia walked over slowly. "Hi," she said quietly. Jasmine looked up and smiled big. "Want to build a castle with me?" Melia nodded and sat down. They stacked blocks together. "I like your rainbow shirt!" Jasmine said. "Thanks! I like your bracelet," Melia replied. Making friends wasn't so hard!



At circle time, Melia sat next to Jasmine. A girl with brown hair sat on her other side. "I'm Lilly," she said. "I'm Melia." They smiled at each other. A boy with blonde hair waved from across the circle. "That's Jackson," Lilly whispered. Miss Rose began reading a story about a brave bunny. Melia forgot about her butterflies. She was sitting with new friends, listening to a fun story. School was actually pretty nice!



Miss Rose brought out paints and paper. "Let's paint our feelings!" she said. Melia wasn't sure what to paint. Jackson painted a big yellow sun. "I feel happy!" he said. Lilly painted blue waves. Jasmine painted a rainbow. Melia thought hard. She mixed colors together and painted butterflies. "These are my nervous-excited feelings," she explained. Miss Rose smiled. "That's perfect, Melia. All feelings are important." Melia felt proud of her painting.



Outside, the playground was amazing! There were swings and slides everywhere. "Want to play tag?" Jackson asked. Melia, Jasmine, and Lilly all said yes! They ran around laughing. "You're it!" Jackson tagged Lilly. Everyone giggled and ran. Melia felt the butterflies leave her tummy. This was so much fun! When the bell rang, she didn't want to stop playing. "We can play again tomorrow!" Jasmine said. Melia couldn't wait for tomorrow.



Back inside, everyone had snack time. Melia opened her lunchbox and found Daddy's note. It had a heart and said "You're brave!" She showed Jasmine. "That's sweet!" Jasmine said. They shared crackers and talked. Lilly told a funny joke that made everyone laugh. Jackson shared his apple slices. Miss Rose read another story, this time about making friends. Melia realized she had made three friends today. Her big feelings had turned into happy feelings!



Miss Rose taught them a song about the alphabet. Everyone stood and sang together. Melia didn't know all the words yet, but she tried her best. Jackson danced while singing, making everyone laugh. Lilly clapped along to the beat. Jasmine helped Melia remember the tricky parts. "You're doing great!" she whispered. Melia felt warm inside. Learning was fun when you had friends helping you. She sang louder, not worried about making mistakes anymore.



The school day was ending. Miss Rose gave everyone a sticker. "You all did wonderfully today!" Melia got a star sticker. She stuck it on her rainbow shirt proudly. "Bye, Melia!" Jasmine, Lilly, and Jackson waved. "See you tomorrow!" Melia waved back. She grabbed her backpack and ran to the door. Mummy and Daddy were waiting with Elsa. Elsa jumped excitedly, her little hat bouncing. "How was it?" they asked together.



On the way home, Melia talked and talked. She told them about Jasmine, Lilly, and Jackson. She described her butterfly painting and the fun songs. "We played tag and I wasn't even scared!" she said proudly. Daddy smiled. Mummy hugged her. At home, Elsa wagged her tail as Melia showed her the star sticker. "Tomorrow I get to go back!" Melia said happily. Her big feelings had become wonderful memories. School was the best adventure ever!



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