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Children's/Emotions  
Ages 4-8

# You Are Your STRONG

Soothing and empowering, *You Are Your Strong* reassures kids that they can handle big emotions. They just have to find their Strong!

Includes a **Note to Parents and Caregivers** by Julia Martin Burch, PhD, with more information about building skills to navigate and cope with big emotions.



Dufayet • Zivoin

You Are Your Strong

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# You Are Your STRONG

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When puppy's woofs turn into whimpers,  
**Worry** whispers in my ears.

Momma puts her arms around me and tells me  
everything will be OK. Her **Calm** becomes my inner  
strength, my Strong. And Worry washes away.



When waves curl and CRASH and  
**SCARED** creeps in,



Papa puts me on his shoulders and shows me Brave.  
His **BRAVE** becomes my Strong and Scared slips away.



If I can't find my stuffed Lovey,  
**Sad** sprinkles my heart.

Grandma rubs my back and listens until the sun shines again.  
Her *Love* becomes my Strong and Sad fades away.

When someone knocks my blocks and  
**Mad** stomps in,

I want to scream and hit.

Grandpa helps me find words instead of shouts.  
His *Gentle* becomes my Strong and Mad melts away.



You are more than just your feelings.  
Inside you, your **Strong** is a light that shines like the sun.

But sometimes you have to find your Strong all by yourself.

