

Adaline Overcomes Her Giant Feelings



By [Shane Connelly](#)'s [AI Childrens Book Generator](#)

Once in a small, colorful village, there lived a cheerful little girl named Adaline. She had sparkling eyes and loved to play in the flower-filled meadows.



But sometimes, Adaline felt very big feelings that she didn't know what to do with. One day, she felt so angry that it seemed like a giant anger cloud hovered over her.



Adaline decided to ask her cuddly teddy bear, Mr. Fluffy, what she should do. 'When I feel angry, I take deep breaths until I feel calmer,' Mr. Fluffy suggested.



So, Adaline took deep breaths, and slowly, the giant anger cloud began to shrink. She felt proud for making the big feeling smaller.



Another day, a giant sadness cloud appeared. Adaline remembered Mr. Fluffy's advice and shared her feelings with her mommy, which made the cloud smaller and lighter.



Adaline discovered that talking about her feelings made her feel brave. She faced the happy, scary, and angry clouds, making them all smaller with her courage.



Adaline learned that it's okay to have big feelings, and there are many ways to make them smaller. She felt like a giant herself - a giant of bravery and kindness.



From then on, whenever the giant feelings came back, Adaline knew exactly what to do. And guess what? She was never afraid of them again.



The end.



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