Have you ever had a day that was bad, sad, *and* make-you-mad . . . all at the same time?

That's a Big Feelings Day.

When you have a bad day,

or a sad day,

or a make-you-mad day . . .

your feelings might grow so big, they are like a giant dinosaur, stomping around.

If your Big Feelings feel too **LOUD**, Jesus can stop that blustering gust of wind just by saying, "Stop, wind. That's enough now. Please be quiet." The wind listens to Jesus.

When you have Big Feelings, Jesus is right next to you. He takes good care of you and your Big Feelings, too. That's how much he loves you.