

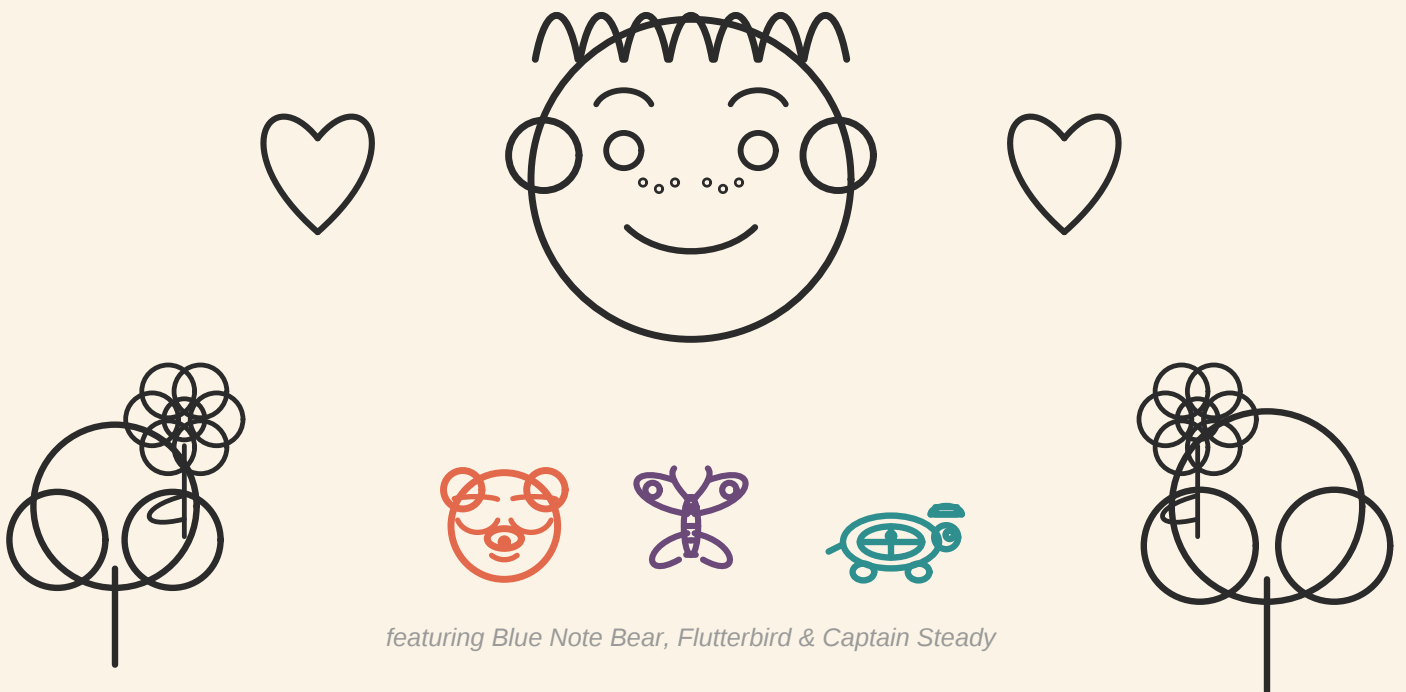


BIG FEELINGS

A Workbook for Little Hearts

companion to the Riddim Rhymes Kids "Big Feelings" series

a RHYTHMIC PARENTING resource



featuring Blue Note Bear, Flutterbird & Captain Steady

Patience • Anxious • Sadness • Big Feelings Check-In

Riddim Rhymes Kids

A free resource for mothers, fathers, and caregivers

A Note to Mom & Dad

before you begin, a word from our heart to yours



OUR MISSION

At Riddim Rhymes Kids, we believe every child deserves the language, rhythm, and confidence to understand their feelings while growing in love, wisdom, and faith.

Every big feeling your child carries — the frustration of waiting, the flutter of worry, the ache of sadness — is an invitation. Not a problem to fix quickly, but a moment to sit beside them in it. This workbook was built to walk hand-in-hand with the Riddim Rhymes Kids videos on patience, anxious feelings, and sadness. Use it after watching together, or anytime a big feeling shows up in your home.

This is the heart of Rhythmic Parenting — giving every big feeling a name, a friend, and a rhythm your child can hold onto.

How to use this workbook

- Watch or read the related “Big Feelings” video together first.
- Turn to that feeling's page and read the short teaching aloud.
- Say the validating phrase to your child, slowly, looking in their eyes.
- Let them color the picture while you talk through the prompt together.
- There is no rush. Big feelings need space, not speed.

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 15:1



Meet Your Companions

a friend for every big feeling



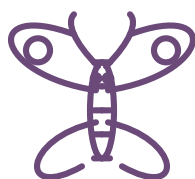
Before you turn the page, say hello to the three friends who will walk through this workbook with your child — each one a picture of a feeling they already know.



Blue Note Bear

walks slowly because his heart feels heavy — he shows up on the Sadness page.

It's okay to feel sad. My song isn't finished.



Flutterbird

her wings move fast when she's worried — she shows up on the Anxious page.

My breath is stronger than my worries.



Captain Steady

helps every heartbeat find its rhythm — he shows up on the Patience page.

I can wait with a calm and steady heart.

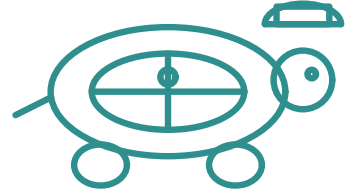
PATIENCE

Captain Steady's page — learning to wait with a calm heart



What it looks like in a little one:

Stomping feet, whining “but I want it NOW,” tears over having to wait their turn, or giving up quickly when something takes time to build, learn, or grow.



Say this to validate:

“Waiting is hard, isn't it? I'm right here with you while we wait together.”

Talk-through prompt:

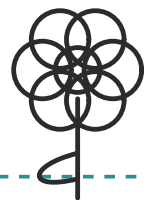
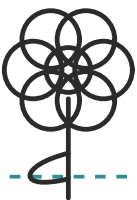
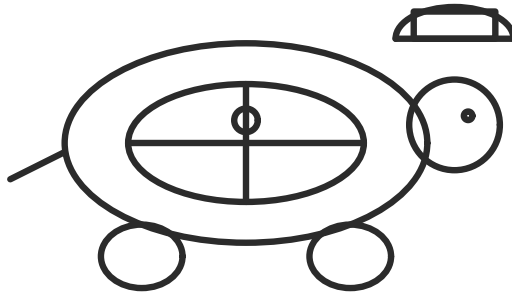
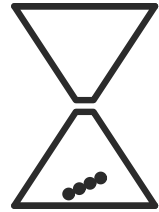
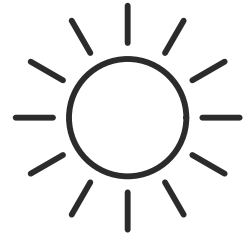
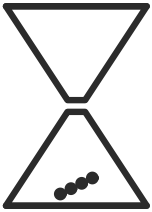
Ask: “What is something that grows slowly, like a flower or a seed? Can you think of a time waiting turned into something good?”

I can wait with a calm and steady heart.

“The Lord is good to those whose hope is in Him, to the one who seeks Him.”

Lamentations 3:25

Color Me: Captain Steady



slow and steady grows a patient heart

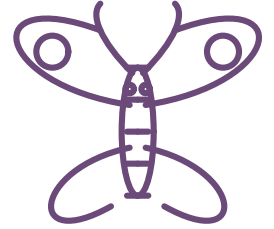
ANXIOUS FEELINGS

Flutterbird's page — when worry visits our little ones



What it looks like in a little one:

A racing heart before school, tummy aches with no clear cause, clinging to you at drop-off, or asking the same question over and over for reassurance.



Say this to validate:

"Your worry makes sense. Let's breathe together — you are safe right now."

Talk-through prompt:

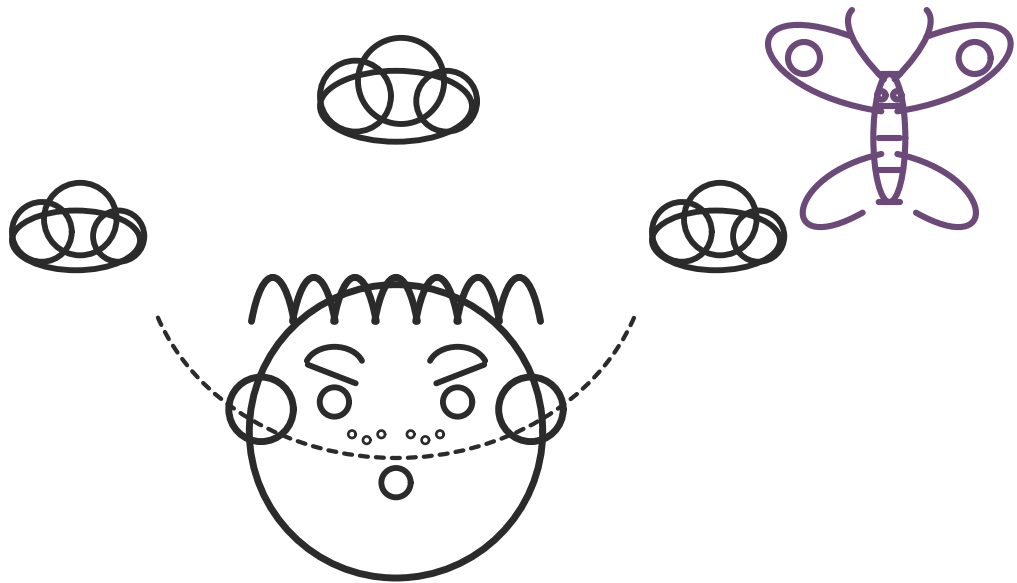
Practice three slow breaths together, in through the nose, out through the mouth. Every slow breath helps the flutter settle, even if it takes a little while. Ask: "Where do you feel the worry in your body?"

My breath is stronger than my worries.

"Cast all your anxiety on Him because He cares for you."

1 Peter 5:7

Color Me: Flutterbird's Breath



1 ... 2 ... 3 ... breathe in • breathe out

SADNESS



Blue Note Bear's page — big tears deserve a big hug

What it looks like in a little one:

Quiet withdrawal, sudden tears over something small, wanting to be held, or saying “nobody understands me” after a disappointment or loss.



Say this to validate:

“It's okay to be sad. I'm not going anywhere — come sit with me.”

Talk-through prompt:

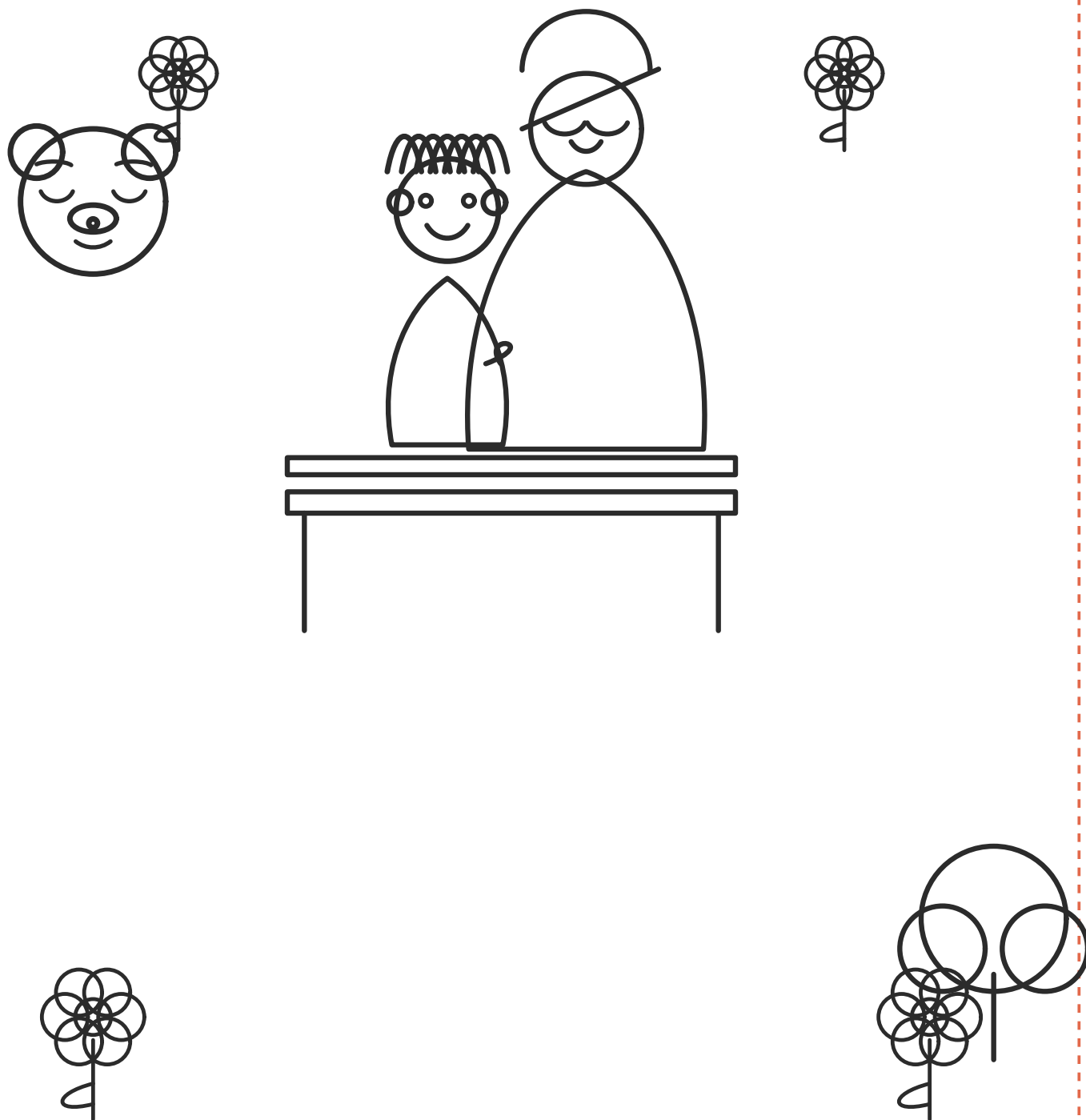
Sit close, hold them if they'll let you, and ask gently: “Can you tell me what made your heart feel sad today?” Then just listen — no fixing needed yet.

It's okay to feel sad. My song isn't finished.

“The Lord is close to the brokenhearted and saves the crushed in spirit.”

Psalm 34:18

Color Me: A Hug in the Garden



Your Character's Full Rhythm

rhythm • breath & motion • affirmation • Scripture



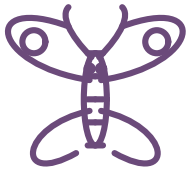
Blue Note Bear

Rhythm: Blue Note — slow, soft, and steady

Breath & Motion: place a hand over your heart and tap along slowly

Say: "It's okay to feel sad. My song isn't finished."

Psalm 34:18 — The Lord is close to the brokenhearted.



Flutterbird

Rhythm: Flutter Beat → Deep Breath Riddim

Breath & Motion: in - hold - out, with a gentle shoulder tap on each beat

Say: "My breath is stronger than my worries."

1 Peter 5:7 — Cast all your anxiety on Him, He cares for you.



Captain Steady

Rhythm: Waiting Riddim — slow and steady

Breath & Motion: tap one finger on your knee, slow and even

Say: "I can wait with a calm and steady heart."

Lamentations 3:25 — The Lord is good to those who hope in Him.

scan the QR code on the last page to find each character's song on our channel!

How Did I Feel Today?

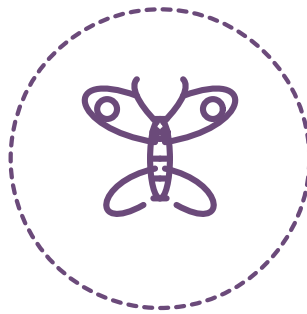
circle the friend who matches your big feeling



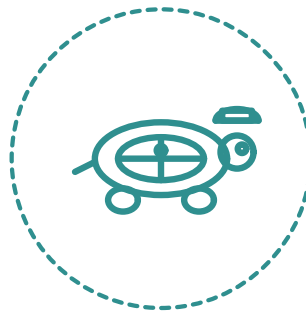
Which of your friends walked with you today? Circle one — or color them all!



Blue Note Bear



Flutterbird



Captain Steady



Sunny Strong

For the grown-up:

One thing my child did well today:

 **CERTIFICATE OF ACHIEVEMENT** 

LITTLE EMOTIONAL HERO

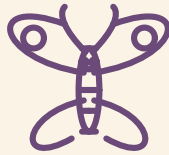
This certifies that

child's name

has bravely learned to know, name, and calm big feelings with the help of



Blue Note Bear



Flutterbird



Captain Steady

parent / caregiver signature

date





A CLOSING BLESSING

May your home be a safe garden for every big feeling that visits — Blue Note Bear's tears, Flutterbird's flutter, and Captain Steady's calm. May your children learn, through you, that their emotions are welcome and their hearts are held. And may you, too, be gentle with yourself on the hard days.

“Train up a child in the way he should go...” — Proverbs 22:6

WATCH & SING ALONG



Blue Note Bear



Flutterbird



Captain Steady

Riddim Rhymes Kids

more songs & stories for little hearts — and don't forget the
Little Heroes Emotional Toolkit

© GADS Solutions, LLC — free for personal & classroom use