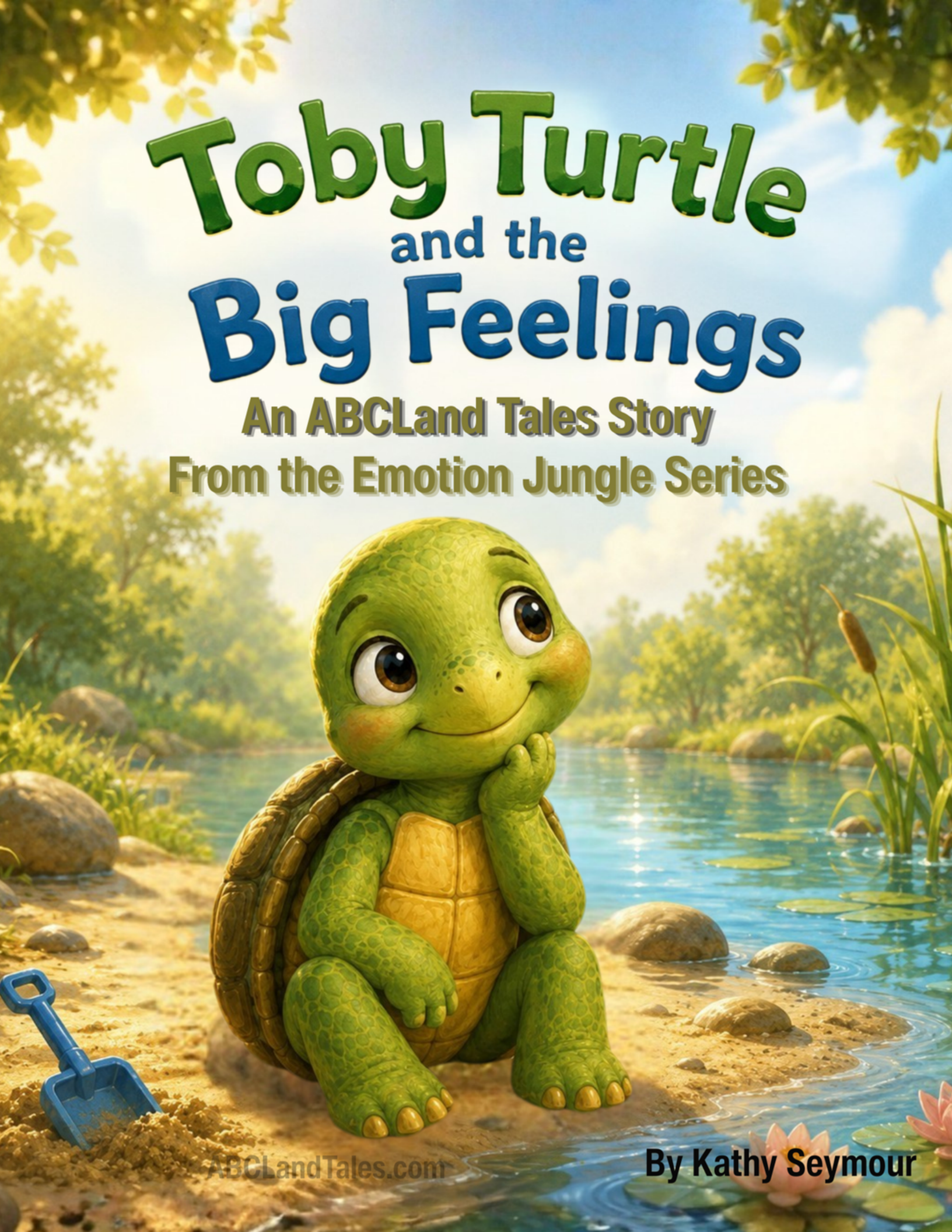
Toby Turtle and the Big Feelings

An ABCLand Tales Story
From the Emotion Jungle Series



ABCLandTales.com

By Kathy Seymour

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Thank You for Choosing Toby the Turtle and the Big Feelings!

Your support means the world. By sharing this story with your child, you're helping them understand their emotions and discover simple, gentle ways to calm their big feelings.

Stories like Toby's help little ones grow with confidence, kindness, and resilience.



Toby Turtle was usually a happy little turtle.
He liked swimming in the pond,



playing in the sand,



and watching clouds float by.



But some days...Toby didn't feel happy at all.
Sometimes he felt angry. Sometimes he felt sad.
Sometimes he felt frustrated and didn't know why!



One morning, Toby wanted the blue shovel.
But his little brother Timmy had it.
“NO! That’s mine!” Toby shouted.



He stomped his foot. He crossed his arms.
He scrunched up his face so hard,
it almost disappeared into his shell. Toby's
big feelings were getting

bigger.

He didn't know what to do.



Just then, Mom Turtle came over
and gently touched his shell.
“Hi, sweetie,” she said kindly.
“I see some big feelings are
visiting today.”



Toby blinked. He felt all jumbled up inside.
“I don’t like it,” he said. “I know,” said Mom.
“Want to try being a Calm Turtle with me?”
Toby sniffled.
“Okay.”



Mom said, “First, we stop and be still,
just pull into your shell.”
Toby pulled his arms and legs in.
He was quiet. Still.



Mom took a slow breath in through her nose.
“Can you try that with me?” she asked.
Toby took a deep breath in...
and slowly let it out.



They did it *again*.
And *again*.
Toby’s shoulders relaxed.



Mom said, “Now think a calm thought. Like... floating in the water, or lying in the sun.”
Toby smiled a little.
“I’m thinking about floating on my back in the pond,” he said.



Mom whispered, “Now you can come
out of your shell when you feel ready.”
Toby peeked one eye out.
Then the other.
Then out came his head, arms, and legs.



He gave Mom a big hug. “Thanks, Mom,” he said.
“I feel better.” “I’m glad,” said Mom.
“Big feelings are okay.
We just have to know what to do with them.”



From that day on, whenever big feelings came to visit,Toby remembered what to do to become a calm turtle.



And little by little...
he learned how to tame those big feelings—
just like a calm, wise little turtle.

Final Note for Parents

Talking about feelings doesn’t have to be perfect — what matters most is starting the conversation. This story helps children feel understood and supported, while showing them gentle ways to manage their emotions. The more you read and talk about feelings together, the easier it becomes for your child to express themselves in safe and healthy ways.

You can find more resources, calming tools, and activities at **abclandtales.com** to extend the learning experience.

