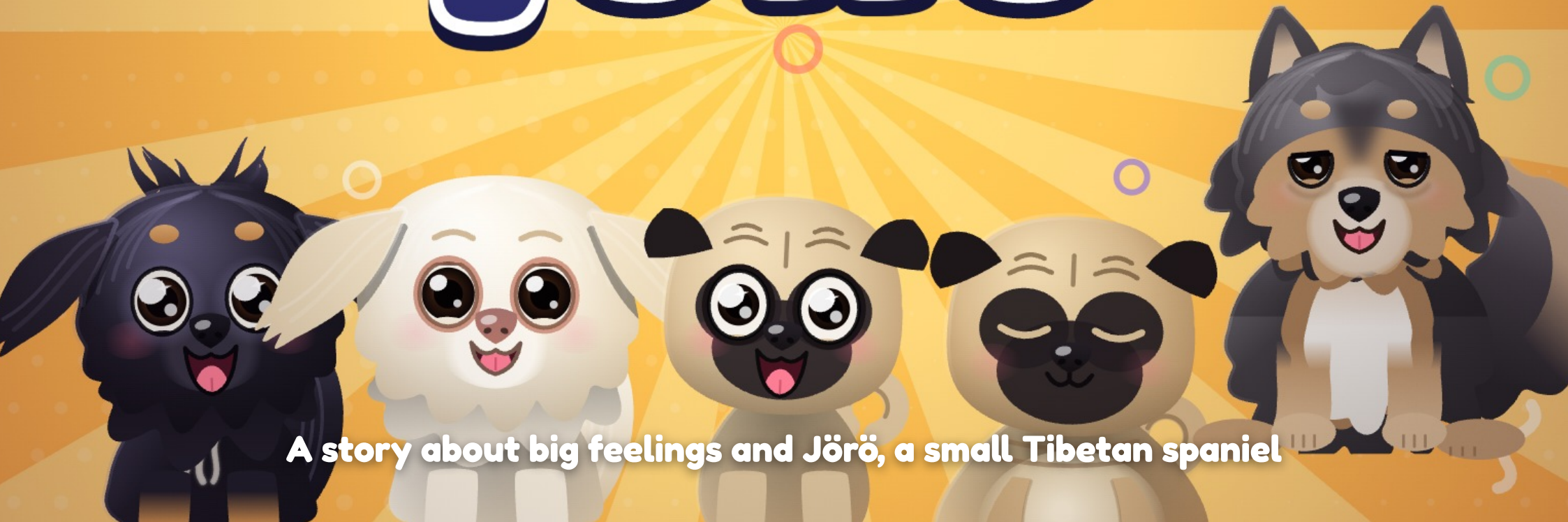


LITTLE JÖRÖ



A story about big feelings and Jörö, a small Tibetan spaniel



This is **Jörö**. Jörö is a small black Tibetan spaniel, and he has really big feelings. Jörö's friends are **Ledi**, **Nalle**, **Valo** and **Karhu**.



One morning Jörö was sleeping on the blanket. Then the doorbell rang: **DING... DONG!** One of Jörö's eyes popped open.

UNCLE'S BACK FROM ASIA!



The door opened, and there stood **Uncle**! Uncle had been on a long trip to Asia. His suitcase was covered in stickers.

EXCITED!



Jörö ran round and round Uncle like a little black comet. Zoom, zoom, zoom! His heart was pounding and his tail was wagging. That feeling is **EXCITED**.



PRESENTS!



Uncle opened the zip. *Zzzzzip...* and **PRESENTS** flew out of the suitcase in every direction!



WOW!



A ball for Jörö, a squeaky bundle for Nalle, a silk scarf for Ledi and a jingly bell for Karhu. And from a teeny-tiny parcel... **A GIANT BONE!**



JOY!



Jörö climbed to the top of the present mountain and jumped and jumped. That feeling is **HAPPY**. But look at Jörö's battery...



TIRED...



All that jumping used up Jörö's energy. His battery ran empty. His eyes grew heavy. Jörö was **TIRED**.

GRUMPY!



When his friends came to play with the presents, Jörö growled: **“MINE!”** His hair stood up like horns. Now Jörö was a real little **GRUMP**.



Ledi wasn't scared. She sat down next to Jörö and said: "Let's breathe together. Breathe in and count to four." **One, two, three, four...**

CALM



...**PHEW!** The horns melted away, and a little flower popped up on Jörö's head. Ledi smiled.
That feeling is **CALM**.



Jörö gave the bone to Nalle, the ball to Karhu, and shared the scarf with Ledi. **Joy shared is joy doubled.**



Uncle hugged everyone. The lanterns lit up one by one. **TOGETHER** is the best place to be.

ALL FEELINGS MATTER



Excited, happy, tired, grumpy, relaxed and calm. **All feelings are important.** When a feeling is big, breathe: in and count to four... and out. Phew.



In the evening everyone fell asleep in a pile on the blanket. **Good night, Jörö.**

For grown-ups

Jörö's story helps you talk about feelings with your child, even when feelings are big and change quickly.

1. Name the feeling

"You look excited." "I think that's grumpy." A feeling with a name is easier to handle.

2. Check the battery

Big joy and excitement use up energy. Anyone gets grumpy when tired. Breaks, snacks and rest recharge the battery.

3. Breathe

In and count to four, a little pause, and a long "phew" out. Do it with your child, like Ledi did with Jörö. The body relaxes.

4. Share the joy

Once things are calm again, sharing and doing things together feels good.

Story, illustrations and animation: Little Jörö. The characters are based on real dogs: Jörö, Ledi, Nalle, Valo and Karhu.