

Happy Me, Sad Me

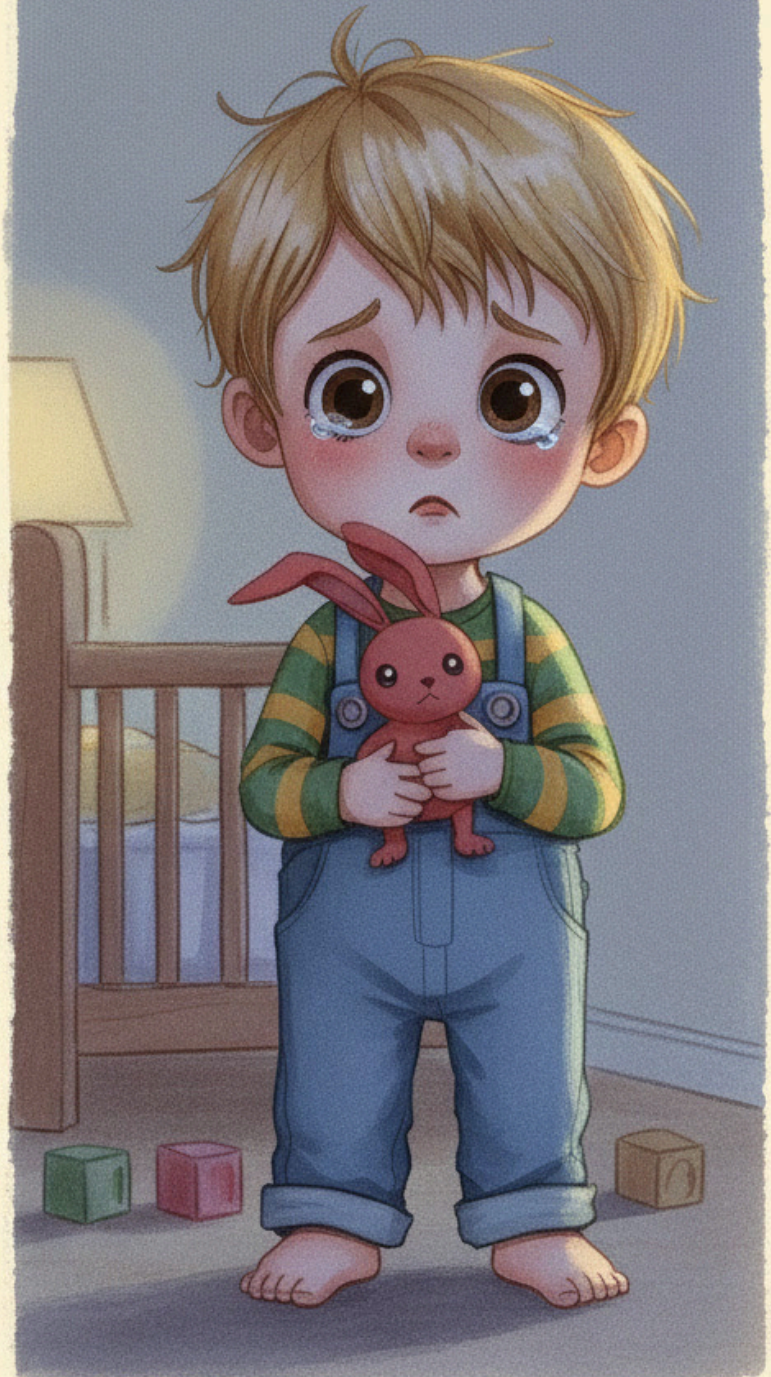
A Gentle Bedtime Story to Ease Toddler Anxiety and Fears



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Sam feels happy. Sam feels sad.



Morning comes. Time for daycare



Sam's tummy feels funny inside.



***That's okay, Sam. Big
feelings are okay.***



Mama gives a big, warm hug.



You are safe. You are loved.



Miss Rosie waves. 'Come play, Sam!'



Mama says, I will come back soon.



Sam holds his bunny close.





Blocks to stack. Songs to sing.



Sam's tummy feels a little better.

You are safe. You are loved.



Mama comes back, just like she said.



***Big hug. Happy
heart***



Night comes. Time for bed.



Mama tucks Sam in soft and snug.



You are safe. You are loved.





**Happy me. Sad me. Loved
always, me.**

Thank You

for reading Happy Me, Sad Me with your little one

