

# Feelings Visit

A book about understanding emotions

By Za'Rianna Odom



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Feelings visit every day.

Some feel big.

Some feel small.

Some feel warm.

Some feel heavy.

All feelings are welcome.

They come.

They stay for a while.

Then they go.

Feelings visit.

They do not stay.



# HAPPINESS

Happiness feels bright.  
It feels warm in the chest.  
It makes you smile.  
It makes you want to share.

Happiness says,  
“This feels good.”

Feelings visit.  
They do not stay.



# ANGER

Anger feels hot.  
It feels loud inside.

It may make your fists tight.  
It may make your voice big.

Anger says,  
“Something is not fair.”

Feelings visit.  
They do not stay.



# SADNESS

Sadness feels heavy.  
It feels slow.

It may bring tears.  
It may make you quiet.

Sadness says,  
“I need a moment.”

Feelings visit.  
They do not stay.



# ANXIETY

Anxiety feels fast.  
It feels jumpy.

Your heart may beat quickly.  
Your thoughts may race.

Anxiety says,  
“What if?”

Feelings visit.  
They do not stay.



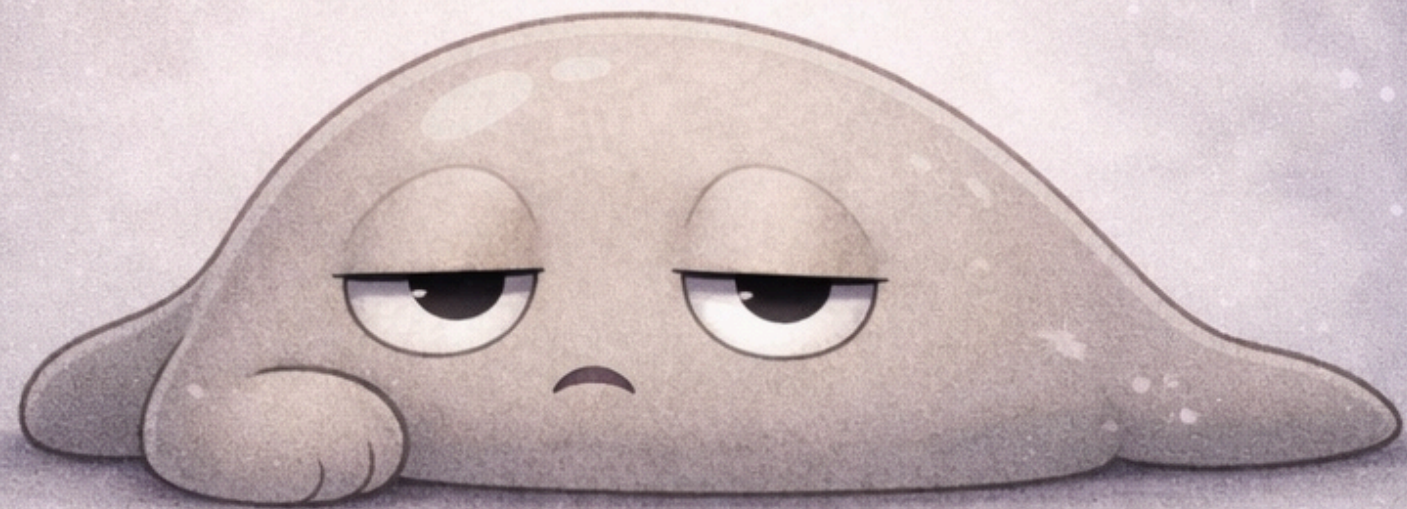
# CALM

**Calm feels steady.  
It feels slow and soft.**

**Your breathing feels easy.  
Your body feels light.**

**Calm says,  
“You are safe.”**

**Feelings visit.  
They do not stay.**



# **BORED**

**Bored feels flat.  
It feels quiet.**

**You may sigh.  
You may look around.**

**Bored says,  
“I need something new.”**

**Feelings visit.  
They do not stay.**

Every feeling has a purpose.  
Every feeling has a voice.

You can notice it.

You can name it.

You can listen.

And then...

You can let it go.

Feelings visit.

They do not stay.

# FEELING CHECK-IN

What feeling is visiting today?

Can you name it?

Where do you feel it in your body?

What does it need?

Take a breath.

Feelings visit.

They do not stay.

# About the Author

Za’Rianna C. Odom is passionate about helping children understand their emotions in healthy, confident ways. With a background in communication sciences and a heart for social-emotional learning, she believes every feeling has a purpose and every child deserves the tools to name and navigate their emotions.

Through colorful storytelling and gentle language, Za’Rianna creates books that support emotional awareness, self-regulation, and meaningful conversations at home, in classrooms, and in therapy settings.

Feelings visit. They do not stay.



Feelings visit every day.  
Some feel bright.  
Some feel heavy.  
Some feel fast.  
Some feel slow.

This gentle and engaging book helps children build emotional awareness by learning to notice, name, and understand their feelings in a safe and supportive way.

Perfect for home, school, or therapy settings, Feelings Visit supports social-emotional learning by encouraging self-regulation, emotional vocabulary development, and healthy conversations about big feelings.

Because every feeling has a purpose, and every feeling passes.