



Elmo's Big Feelings

It was a beautiful sunny morning on Sesame Street.
Elmo woke up and jumped out of bed.
He ran over to his calendar.

Hooray! Today is Cookie
Monster's party!



Elmo picked up a photo. Every year, Cookie Monster has a party with friends.



Elmo and Cookie Monster always make up silly new dances. Elmo has a new dance to show Cookie Monster! You hop, you kick, then you shake, shake, shake!




Elmo was so excited. His body wanted to move quickly. He ran to find his mom and dad.

Daddy! Mommy! Elmo is so excited! Today is Cookie Monster's party! Elmo can't wait to show him Elmo's new dance move!



An illustration of Abby Cadabby, a pink Muppet with pink hair and a pink dress with yellow flowers, sitting on the floor. She is holding Elmo, a small red Muppet, who has his eyes closed and a sad expression. A speech bubble from Abby says, "Oh, Elmo, we can't visit Cookie Monster today. He isn't having a party because we can't be too close to our friends right now." The background is a simple blue wall and floor.

Oh, Elmo, we can't visit Cookie Monster today. He isn't having a party because we can't be too close to our friends right now.

An illustration of Cookie Monster, a blue Muppet with a large red nose and a blue body with yellow stripes. He is sitting on a blue chair with red legs. A speech bubble from him says, "We have to have physical distance. Cookie Monster wants to stay safe and healthy and help his friends stay safe and healthy too." The background is a simple blue wall and floor.

We have to have physical distance. Cookie Monster wants to stay safe and healthy and help his friends stay safe and healthy too.

Elmo felt tears in his eyes and a lump in his throat. He turned and ran out.



No party?? But Elmo has a new dance to show him!



Elmo grabbed Teddy and hid in the corner.

It looks like you're having some big feelings, It's okay to have big feelings. Everyone has big feelings sometimes.

Do you want to talk about it, Elmo? We are here to listen.



Elmo looked at his mom and dad.

Elmo wanted to see Cookie Monster today. Elmo and Cookie Monster always have so much fun making up funny dances together. But Elmo can't see Cookie Monster and Elmo can't have any fun with him!

It sounds like you are feeling sad and disappointed.

Disappointed? What does disappointed mean?

Disappointed is when we feel upset when something we were looking forward to doesn't happen the way we want. It's okay to feel sad and disappointed. It's hard to not see our friends.



Can I give you a hug, Elmo?

Elmo climbed
into Mae's lap.

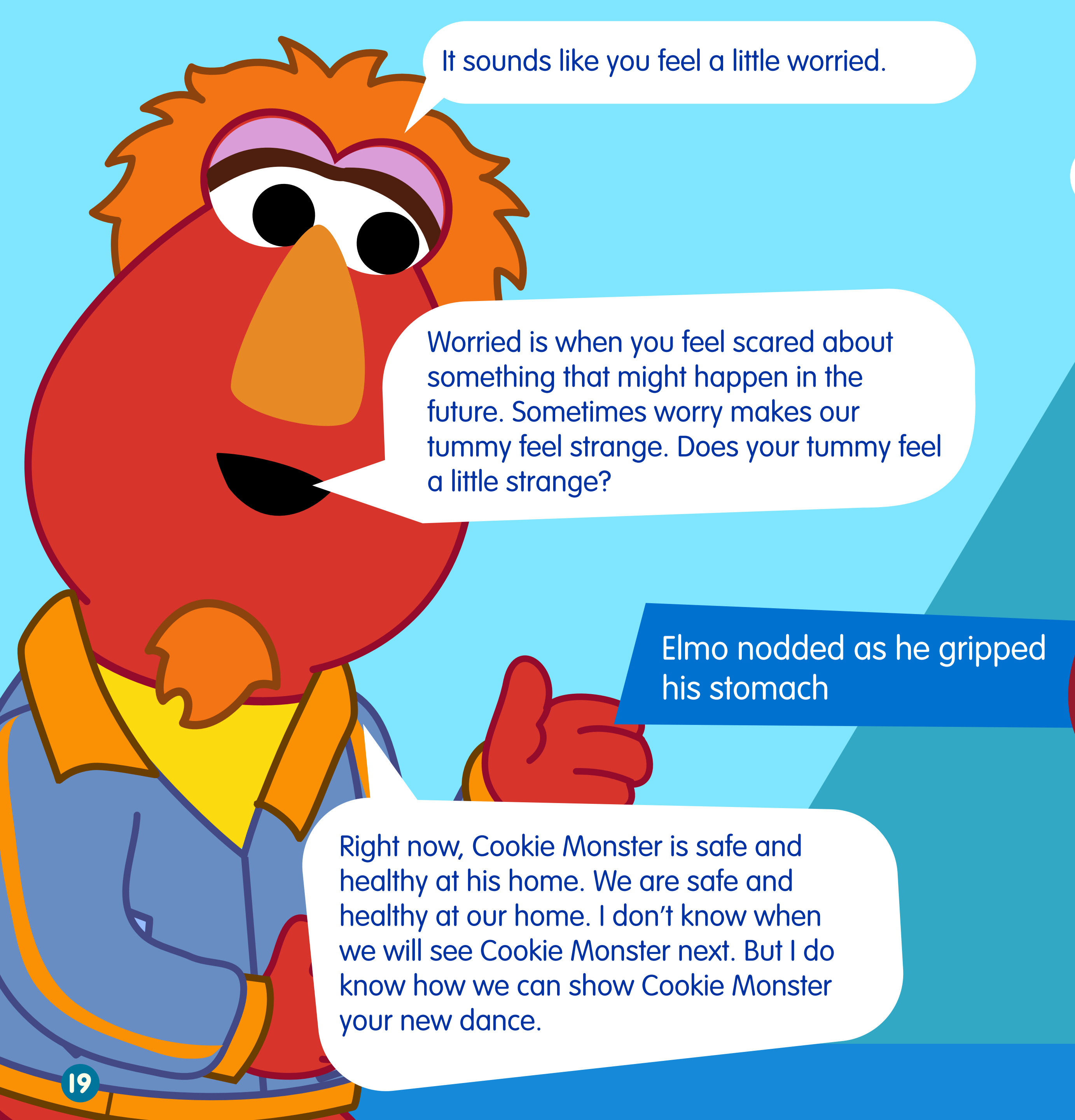
Mae took some slow deep breaths and Elmo joined in.
He felt a little better.

After a few minutes, Elmo's tears stopped, and
he didn't feel the lump in his throat as much.

Elmo sat thinking quietly.

Daddy? What if something bad happens and we can't see Cookie Monster for a long, long time? What if Elmo never gets to show him Elmo's new dance?





It sounds like you feel a little worried.

Worried is when you feel scared about something that might happen in the future. Sometimes worry makes our tummy feel strange. Does your tummy feel a little strange?

Elmo nodded as he gripped his stomach

Right now, Cookie Monster is safe and healthy at his home. We are safe and healthy at our home. I don't know when we will see Cookie Monster next. But I do know how we can show Cookie Monster your new dance.



Worried? What does worried mean?

Elmo, his mom, and dad
came up with a plan.



First, Elmo practiced his new dance. Next, his
dad recorded a video using his phone.

Then, his mom helped him type a special message and send it.



Later that day, Elmo had a message.
It was from Cookie Monster!

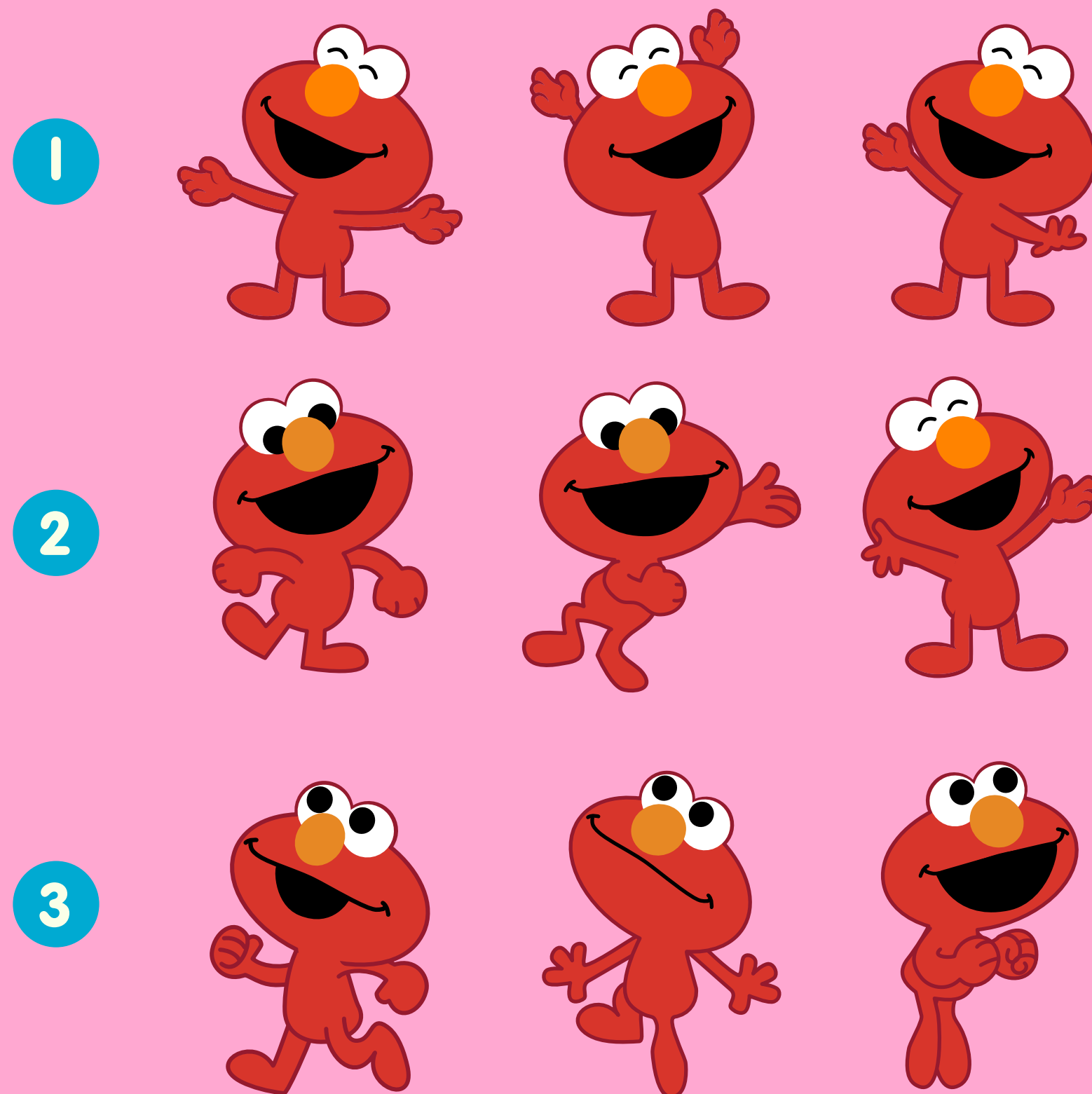


Some things were different this year, but
some things were the same.
Elmo loves his friend Cookie Monster and
Cookie Monster loves his friend Elmo!



After-Reading

Make up a new dance with Elmo.
Pick a move from each row:



Put your moves together.

Teach your dance to a friend or
a family member!

caring for each other



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