



My Feelings, My Pinky Promise

A story about feelings and finding support

Created for Alesha Brown's Pinky Promised Childcare



A wonderful tower

Sam stacked one block, then another.
“Look at my tower!” Sam called.
It was tall, wobbly, and wonderful.



Crash!

A block slipped. The tower fell.
Sam's face felt hot. Sam's hands squeezed tight.
"I feel MAD!" said Sam.



Someone stays close

Ms. Rose sat nearby.
“You worked hard. You wanted it to stay up.”
Sam nodded. Ms. Rose stayed.



Feelings are welcome

“It is okay to feel mad,” said Ms. Rose.
“I will help you keep your body safe.”
Sam set the block down.



A little space

“Quiet corner or stay here?” asked Ms. Rose.
“Quiet corner. You come too,” said Sam.
Together, they sat on the soft rug.



Finding what helps

“We can breathe slowly or squeeze a pillow.”
Sam chose the pillow. Squeeze. Let go.
The feeling was still there, but a little smaller.



Words and choices

“I need help,” said Sam.
“We can build together or take more time.”
“Together,” said Sam. “A wider bottom!”



Our pinky promise

The new tower stood—and might fall again.

“All my feelings belong,” said Sam.

“I can ask for help. I don’t have to do it alone.”

Read, notice, and connect

A small guide for grown-ups

Before reading

Ask: “How can you tell when you feel mad?” Let your child answer with words, gestures, or pictures.

During reading

Notice Sam’s face and hands. Ask: “What did Ms. Rose do that helped?”

After reading

Practice “I need help” when everyone is calm. Offer a quiet space, a pillow, or a slow breath; children can choose.

Keep the promise

Stay close and set gentle safety limits. Calming takes time. A pinky touch is optional—words, a wave, or a nod work too.

A Pinky Promised Story

Small moments. Caring connections.
Learning together.

Created for Alesha Brown
Pinky Promised Childcare · Redding, California

Original story developed with AI assistance.
Illustrations generated with AI.
For shared reading with a caring grown-up.

This story welcomes every child.
Children can join through words, gestures, pictures,
or simply listening beside someone they trust.