



LearnStack Kids

# Brave Enough to Cry

8 gentle stories about big feelings



- Rain ☁️
- Dark ☁️
- Forest 🌳
- Storm ⚡️
- Sea 🌊
- River 🌊
- Wind 🌀
- Sun ☀️

A Book  
About  
Feelings,  
Courage &  
Healing

Because every feeling deserves kindness. ♥️



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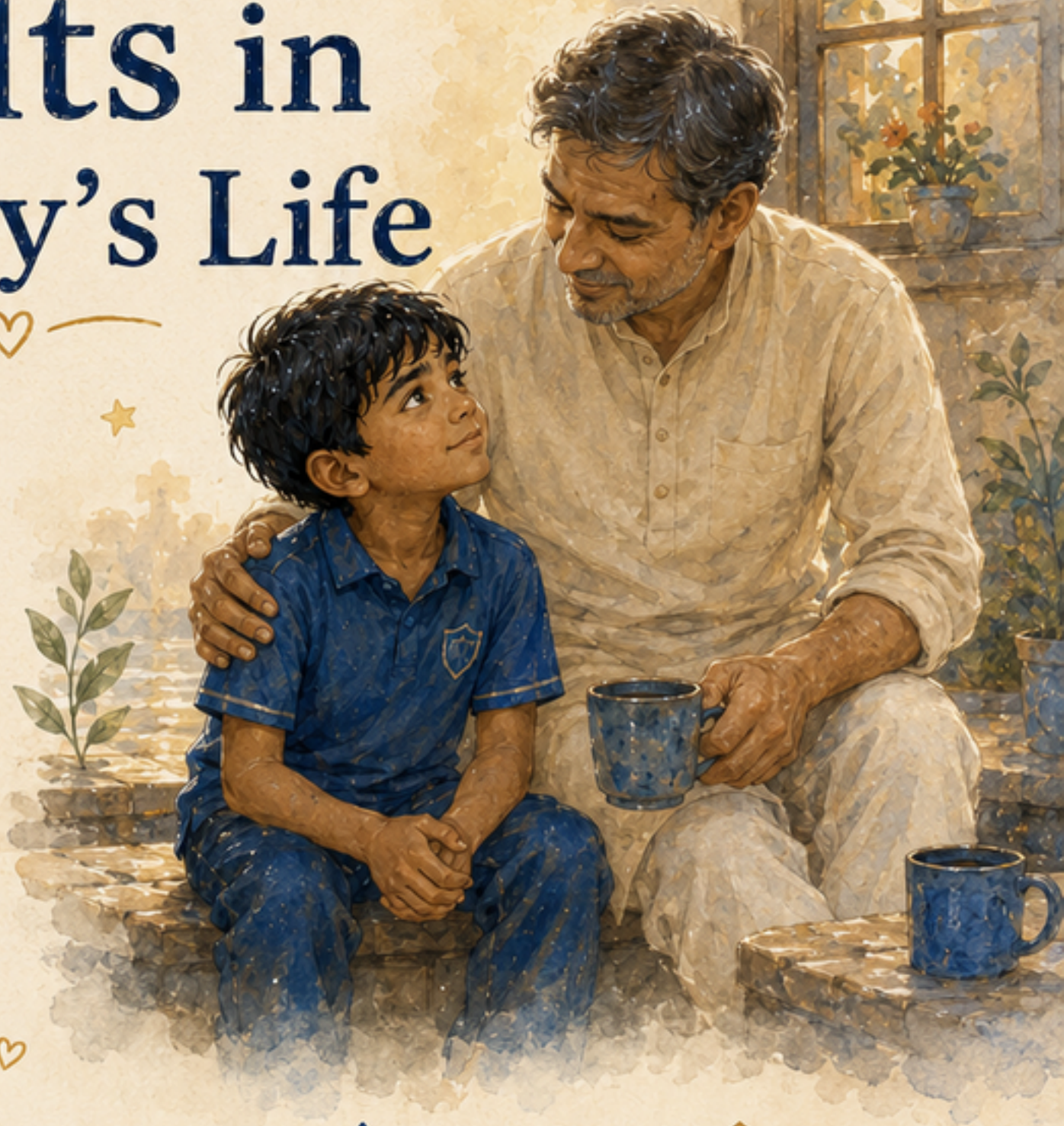
# A Note for the Adults in This Boy's Life

Boys feel deeply.  
But often, they learn to hide it.

They learn to be strong before  
they feel safe. To hold it in.  
To move on.

Sadness, fear, grief, loneliness,  
shame, even joy—they all live  
inside. This book is an invitation  
for you to stay close, to listen  
without rushing, and to make  
room for his inner world.

You don't have to have all the  
answers. You just have to be  
someone he can be *real* with.



## Listen before fixing

Sometimes, being  
heard is the biggest  
relief of all.



## Name the feeling gently

Give words to what  
he feels—it helps  
him feel less alone.



## Make space for tears

Tears are not  
weakness. They are  
a way the heart  
breathes.



## Remind him that courage and softness can live together.

He can be strong  
and still be kind.



Your presence is his safe place.  
Thank you for being in his corner.

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# Before You Start

This book has eight gentle stories  
about big feelings.

Feelings can be heavy, confusing, or even scary—  
but you are not alone. You can read slowly,  
pause, talk, draw, or simply sit with a feeling.

There is no right or wrong way.

You are allowed to feel. You are enough.



**Read one story at a time.**

Take your time. There's no rush.  
Every feeling deserves space.



**Pause when a feeling  
feels familiar.**

It's okay to take a breath,  
think, or just be.



**Talk to a trusted adult.**

Share what you feel.  
Kind words can help  
your heart feel lighter.



**Use the feeling pages  
to draw or write.**

Draw your clouds, your sunshine,  
your stories—your way.



This is your space.  
Take your time. You are safe here.

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# Story Map

8 gentle stories about big feelings.

## 1 Sadness

• Rain •

It's okay to feel sad. Sadness shows up when something hurts.



## 2 Fear

• Dark •

Fear tries to protect you. You can face it one little step at a time.



## 3 Loneliness

• Forest •

Loneliness can feel quiet and empty. But you are never really alone.



## 4 Anger

• Storm •

Anger is loud and hot. It's okay to feel it. Let it out in a safe way.



## 5 Grief

• Sea •

Grief comes when we miss someone or something deeply. It's love with nowhere to go.



## 6 Shame

• River •

Shame whispers that we are not enough. But you are enough—just as you are.



## 7 Anxiety

• Wind •

Anxiety fills your mind with worries. Take a deep breath. You can weather it like the wind.



## 8 Joy / Pride

• Sun •

Joy shines when we feel proud, grateful and connected. Celebrate you!



Every feeling has a purpose.  
Every feeling deserves kindness.



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# The Rest of the Map

No medals. No tests. Just stories you can carry at your own speed.

Story 5 - "The Day Dadu Didn't Come Home" Emotion: GRIEF | Natural Element: The sea Veer, 8 | Trigger: Loss of a grandfather Sea

Story 6 - "The Worst Thing I Ever Did" Emotion: SHAME | Natural Element: Muddy river running clear Sid, 9 | Trigger: A mistake that hurt someone Stone

Story 7 - "The Worry That Wouldn't Stop" Emotion: ANXIETY | Natural Element: Wind before a storm settles Arjun, 8 | Trigger: Exam fear and change Wind

Story 8 - "The Best Day I Almost Didn't Allow" Emotion: JOY / PRIDE | Natural Element: Sunrise after rain Kabir, 9 | Trigger: Winning and feeling afraid to celebrate Sunrise

**Story by story, the weather changes. Nothing in this book asks you to hurry.**

# How to read this book

You can read one story at a time. You can skip around. You can stop on a page and come back later. There is no right way to feel your way through a story.

At the end of each story, there is a Feeling Page. It does not give homework. It simply gives the feeling a name, because names make invisible things easier to hold.

The boys in this book do not become perfect. They become a little more honest. That is enough for one day.

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