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Rektor Universitas Tarumanagara, dengan ini menugaskan kepada saudara:

**NINAWATI, Dr. Dra., M.M.**

Untuk melaksanakan kegiatan penelitian/publikasi ilmiah dengan data sebagai berikut:

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26 Juni 2025

**Rektor**



**Prof. Dr. Amad Sudiro, S.H., M.H., M.Kn., M.M.**

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- Hukum
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- Teknologi Informasi
- Seni Rupa dan Desain
- Ilmu Komunikasi
- Program Pascasarjana

# Rama's Big, Big Feelings



Marvella, Willy, Selvi, Adisty, Fadil  
Dosen Pembimbing : Ninawati

One morning, as Rama got ready for school, he felt something strange inside his chest. Ba-dum, ba-dum! It wasn't just his heartbeat—it was his heart speaking!

You can talk?

Rama, I'm your heart!  
I'm here to help you  
understand your feelings.

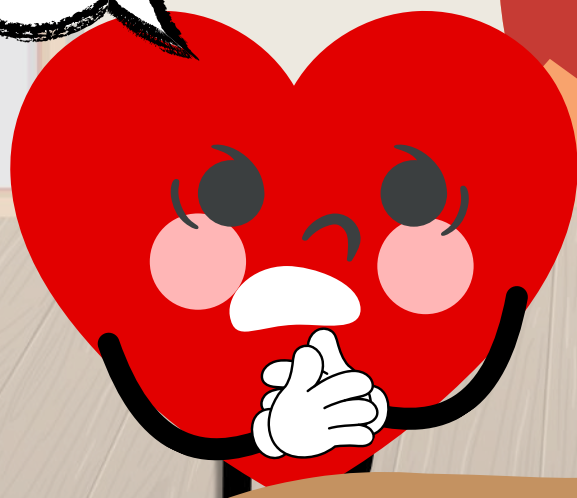
Of course! Every time you  
feel something big, I'll be  
here to help!



At recess, Rama was coloring when his friend Alex grabbed his red crayon without asking. Ba-dum, ba-dum!

His heart spoke up.

Rama, that's  
anger! It's  
telling you  
that  
something  
feels unfair.





"Anger is strong, but it doesn't have to take control," his heart said.

"Try taking a deep breath before you speak."

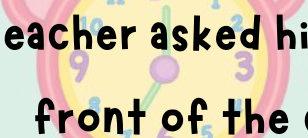
Rama took a deep breath...  
Then, instead of shouting, he said,

Alex, can you ask  
next time?

Alex looked surprised, then smiled.

Oops, sorry, Rama!  
Here you go





Later that day, Rama's teacher asked him to come up and read aloud in front of the class.

His hands felt cold, and his tummy was full of butterflies.

Ba-dum, ba-dum!

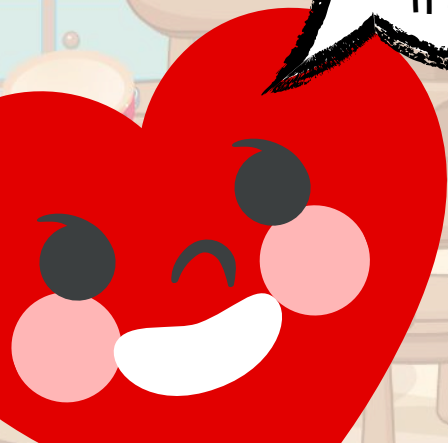
"Rama, that's nervousness!" his heart whispered.

It's okay to be  
scared of new  
things.

Everyone makes  
mistakes!

Take a deep breath,  
stand tall, and give  
it a try.

"But what if I make  
a mistake?"





**Rama inhaled deeply. He read the first word, then the next.  
By the time he finished, he was smiling.**



**"I did it!"**

**His heart thumped happily. "See? You were braver than you thought!"**



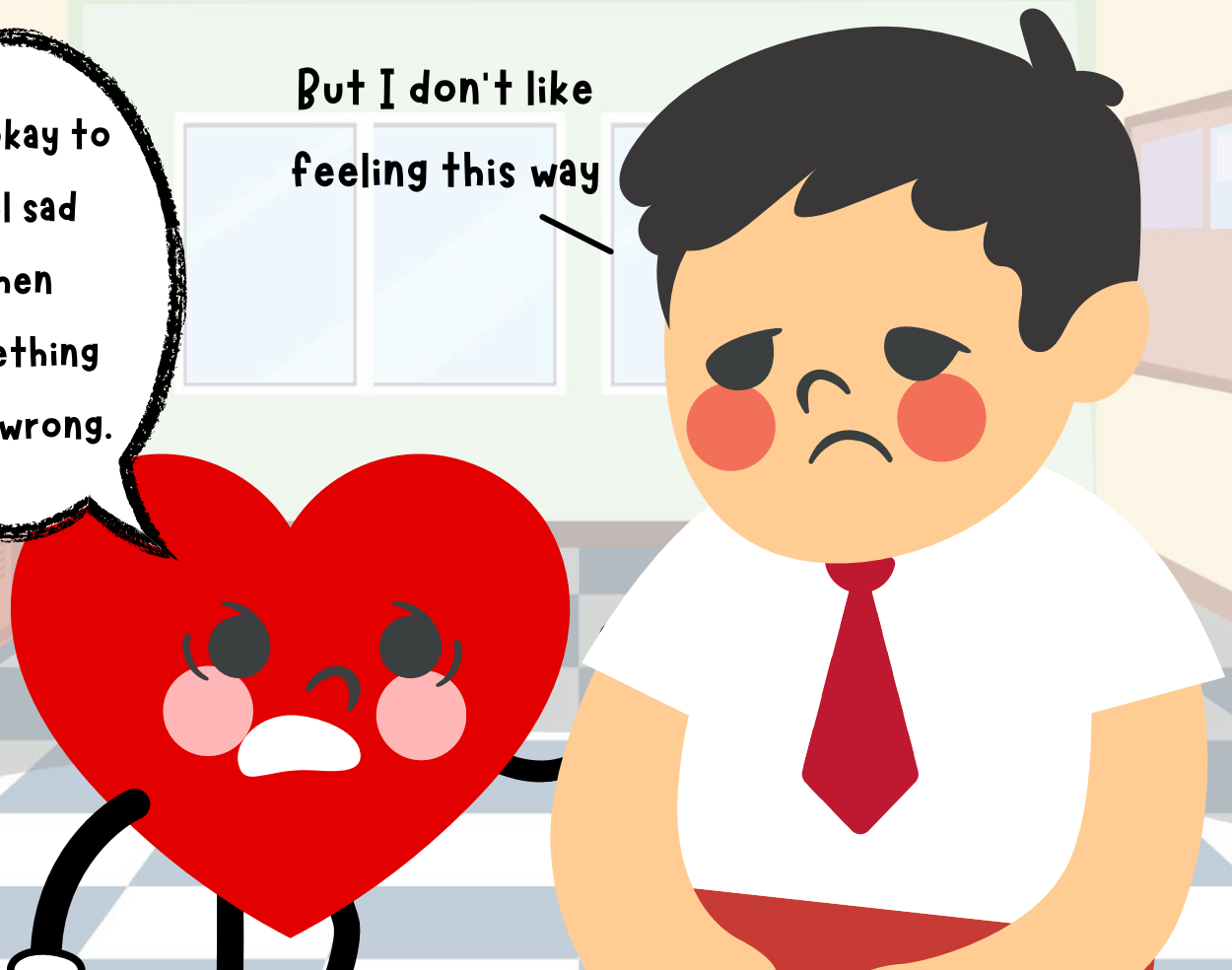
At lunch, Rama accidentally spilled his juice all over his sandwich.

His eyes filled with tears

Ba-dum, ba-dum! "That's sadness.." his heart murmured.

It's okay to  
feel sad  
when  
something  
goes wrong.


But I don't like  
feeling this way



**"Sadness helps you slow down and ask for help," his heart said.**

**"Look around—you're not alone."**

**His friend Lala saw what happened and offered him half of her sandwich.**



**You can have  
some of mine**

**Wow  
thanks, Lala!**

**His heart felt warm. "See? When you let others know how you feel, they can help."**

**After school, Rama ran outside to see his mom waiting for him.**

**He rushed into her arms with a big hug!**

**Ba-dum, ba-dum! His heart thumped excitedly. "This is joy, Rama!"**



**I love this  
feeling!**

A colorful illustration of a woman with long black hair and red cheeks hugging a young boy with black hair and red cheeks. The woman is wearing a blue long-sleeved shirt, and the boy is wearing a white shirt with a red bow tie. They are standing on a green lawn in front of a large, light blue house with a brown roof and a large arched doorway. To the left of the house is a large green pine tree, and to the right is a smaller green bush. The sky is light blue with white clouds. A yellow speech bubble is positioned above the woman and child, containing text. Another speech bubble is next to the woman, and a third is next to the child.

**"Joy reminds you of the things and people that make you happy," his heart said. "Hold onto it and share it with others!"**

**Mine is too!**

**I think my heart is happy!**

That night, as Rama goes to bed, he placed a hand over his chest. "Heart, are you still there?" he whispered.

Ba-dum, ba-dum!

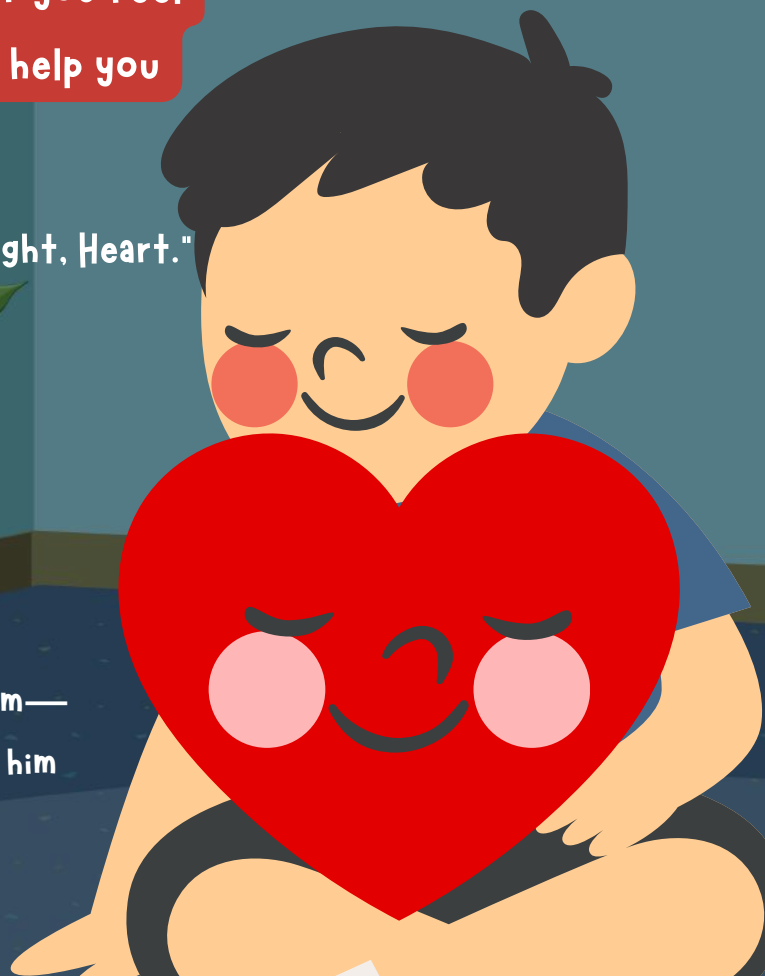
"Always," his heart replied. "Whenever you feel something big, just listen to me. I'll help you understand."

Rama smiled, feeling warm inside. "Goodnight, Heart."

"Goodnight, Rama."

And with that,

Rama drifted into a peaceful sleep, knowing he had a special friend inside him—one that would always be there to help him understand his feelings.



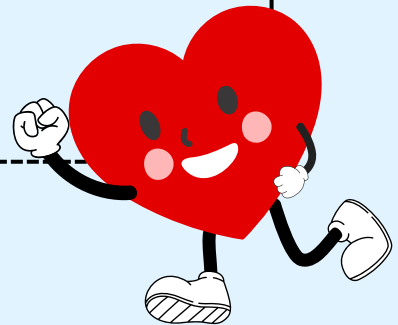
# How well do you know your emotions?

Yay! I feel happy when

Huff! I get angry if

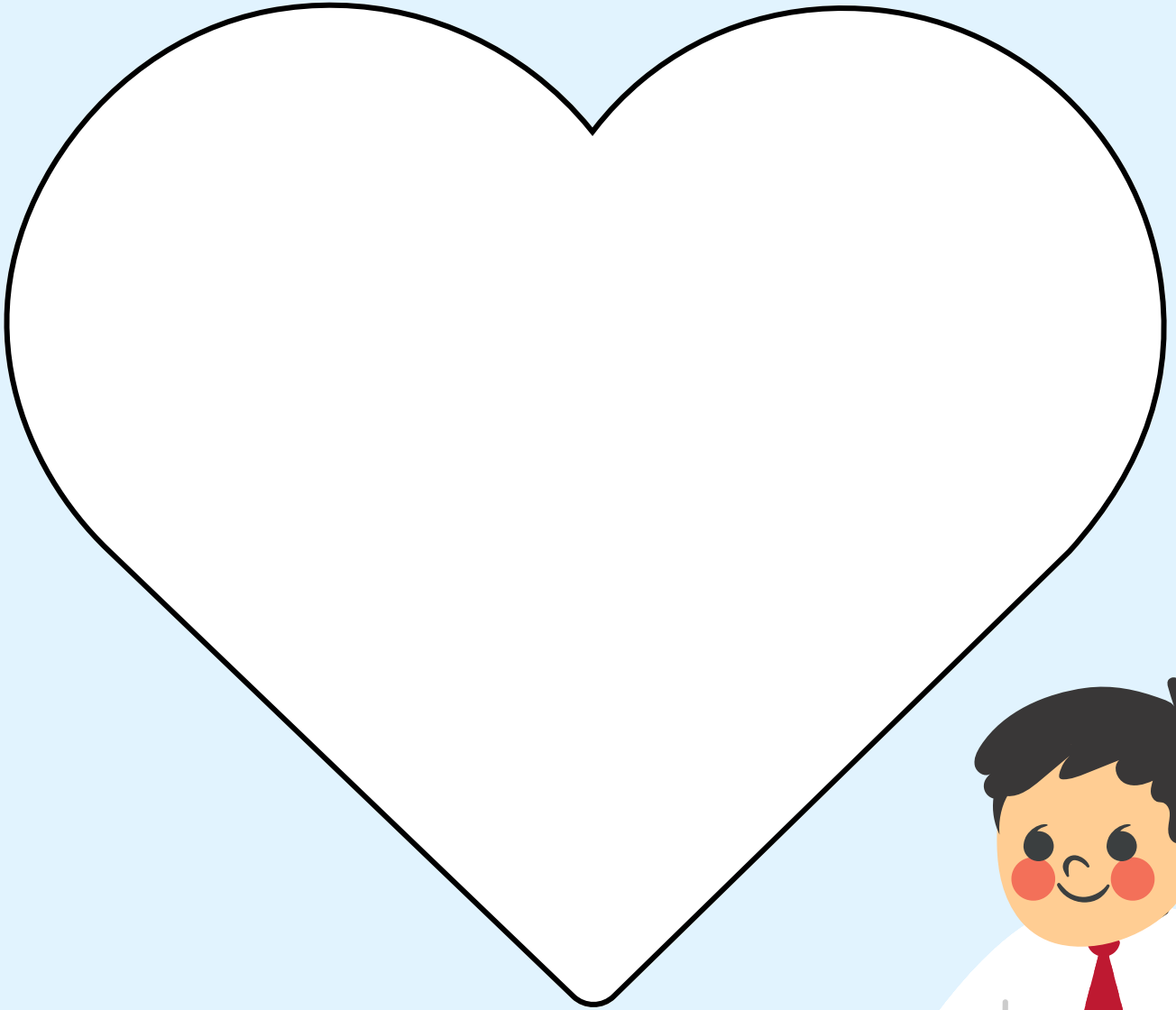
Hiks.. I'm sad when

Thump-thump.. I feel scared when



This is **YOUR HEART**

Draw and decorate it with what you feel and what you like.







# SURAT PENCATATAN CIPTAAN

Dalam rangka perlindungan ciptaan di bidang ilmu pengetahuan, seni dan sastra berdasarkan Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta, dengan ini menerangkan:

Nomor dan tanggal permohonan : EC002025076805, 26 Juni 2025

## Pencipta

Nama : **Roseanna Marvella Adelista, Ninawati dkk**  
Alamat : APT Magna Residence, JL. Meruya Ilir Raya No. 88 RT001/RW 005.,  
Kembangan, Kota Adm. Jakarta Barat, DKI Jakarta, 11620  
Kewarganegaraan : Indonesia

## Pemegang Hak Cipta

Nama : **Ninawati**  
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Pondokmelati, Kota Bekasi, Jawa Barat, 17414  
Kewarganegaraan : Indonesia  
Jenis Ciptaan : **Buku**  
Judul Ciptaan : **Rama's Big, Big Feelings**  
Tanggal dan tempat diumumkan untuk pertama kali di wilayah Indonesia atau di luar wilayah Indonesia : 26 Juni 2025, di Kota Adm. Jakarta Barat  
Jangka waktu perlindungan : Berlaku selama hidup Pencipta dan terus berlangsung selama 70 (tujuh puluh) tahun setelah Pencipta meninggal dunia, terhitung mulai tanggal 1 Januari tahun berikutnya.  
Nomor Pencatatan : 000917066

adalah benar berdasarkan keterangan yang diberikan oleh Pemohon.  
Surat Pencatatan Hak Cipta atau produk Hak terkait ini sesuai dengan Pasal 72 Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta.



a.n. MENTERI HUKUM  
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4	Selvi Sanjaya	Taman Palem Lestari Blok AA5 No. 61 RT 003 RW 016. Kalideres, Kota Adm. Jakarta Barat
5	Taqya Adisty Safarizkyra	Taman Dramaga Indah Blok K No. 1 RT 004/RW 002. Bogor Barat, Kota Bogor
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