

A Book Of Feelings

"A group of kids express a multitude of feelings and discover they are not alone"-- This book encourages children to understand and manage their changing feelings and emotions, and to talk confidently about how they are feeling. Providing children with the skills and the words to express their feelings is key to helping them move forward in a positive manner.

Beautifully illustrated by Madalena Moniz's subtle watercolors, *Today I Feel . . .* follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.

An interactive workbook for children and a teaching tool for parents and professionals, the book uses images of feelings and gradated colors to teach children how to deal effectively with gradated levels of emotions.

One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.

Introducing a companion picture book to the award-winning picture book, *The Journey*, from rising star Francesca Sanna. When a young immigrant girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like "how can you hope to make new friends if you don't understand their language?" But this little girl is stronger than her Fear. A heart-warming and timely tale from the bestselling author and illustrator of *The Journey*, this book shows us the importance of sharing your Fear with others--after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide range of feelings, including: *Happy * Sad * Excited * Bored * Interested * Angry * Upset * Calm * Silly * Lonely * Scared * Safe * Embarrassed * Shy * Confident * Worried * Jealous * Satisfied The final spread is about Feeling Better because sharing and talking about feelings helps us to feel better. The approach and design follows *The Great Big Book of Families*, with lots of different children in lots of different situations, brief text captions and questions and plenty of humour to make sure the book is fun. Mary Hoffman and Ros Asquith look at feelings in family life, at school and everywhere with the same warmth, wit and sensitivity that they brought to their award- winning *The Great Big Book of Families*.

Learn about feelings the Montessori way with this line of board books following the world-leading educational approach, **THE MONTESSORI METHOD!** Montessori education values the development of the whole child-physically, social, emotionally, cognitively. These books tap into the Montessori Method at home, allowing children to discover and engage with concepts in a holistic way that promotes a drive for knowledge and self-motivation. In **FEELINGS**, children are invited to identify, imagine, mimic, and learn about feelings and how they affect in the world around us! Through color association and silly, relatable examples, children will learn emotional literacy at a young age. Learn more with the Montessori Method: **NUMBERS!**

A stunning illustrated journey through one young woman's year of feelings—from the saturated highs of early summer to the gray isolation of late winter. "Feelings is a visual and emotional treat, full of gorgeous artwork and soothing insight."—Mari Andrew, New York Times bestselling author of *Am I There Yet?* Enter Manjit Thapp's *Feelings*, where you'll find moods that change as quickly as the weather; the different shades of anxiety and hope that each new season brings; and the stages of joy and pain that fuel our growth. From the spark of possibility and jolt of creativity in High Summer, to the need for release from anxiety and pressure during Monsoon, to the desolation and numbness of Winter, *Feelings* implores us to consider the seasons of our own emotional journeys. Articulating and validating the range of feelings we all experience, this is a book that allows us to feel connected and comforted by the experiences that make us human.

This classic picture book from beloved author-illustrator Aliko is a great way to explore feelings with younger kids, whether at home or in the classroom. Happy, sad, shy, excited—how do you feel? No matter the emotion, *Feelings* explores it—and helps children understand and express their own feelings. Best-selling author Aliko uses a child-friendly cartoon style to build empathy and awareness in young readers—and to help them find appropriate ways to handle their feelings. Short, funny comics show how children might feel in different situations—at a birthday party, when a beloved pet dies, on the first day of school, and more. A timeless classic ideal for sharing. "Children often have difficulty articulating emotions. That fact is the underpinning for Aliko's catalog of feelings, be they happy, sad, or somewhere in between." —Booklist "A delightful book." —New York Times Book Review

Even though you can't see them, we all have feelings. Some feelings are fluffy and make us feel good. Some are sharp and make us unhappy. Sometimes we have fluffy and sharp feelings at the same time! It's ok to have different types of feelings, but there are some things we can do to let the sharp feelings out when they get too big, or when we have too many. This picture book is ideal for children ages 5 and above to help them understand why they might experience different emotions, and what they can do to help them manage their emotions in a positive way. Written in simple language, this book will be an excellent tool for any child who finds it difficult to understand their emotions, particularly those with attachment difficulties, or a learning or developmental disability.

You're growing up--and so are your feelings and emotions. As you enter puberty, not only is your body changing, but so are your emotions. You might feel your emotions more strongly or have new feelings you don't know how to talk about. From the author of the bestselling *Guy Stuff: The Body Book for Boys*, this book will help you learn to identify all the feelings you have, from anger to sadness to embarrassment to happiness. Then use the tips inside for managing and expressing your emotions in positive ways.

The companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

A must-have board book for *Anne of Green Gables* fans, with charming, hand-

embroidered illustrations. Iconic moments from the beloved L.M. Montgomery classic are celebrated in this adorable concept book. Artist Kelly Hill creates vignettes that showcase Anne's wide array of feelings, including happy, brave and, of course, the depths of despair. Each feeling is brought to life through a memorable Anne scene, with simple text and tactile, gorgeous works of art created from cut fabric and embroidery. Part of a series of Anne concept books, Anne's Feelings is a perfect way to introduce future fans to this winning character.

Get to know all your feelings and how to look after them in this positive and practical guide from beloved author-illustrator Marcia Williams. How do you feel today? Whether you're happy, sad or anything in-between, this book is the perfect guide to understanding and celebrating all your feelings! In colourful comic-strip stories, explore a whole range of emotions and discover ways to cope when any feeling becomes overwhelming. Packed with top tips for mental wellbeing and a first aid box for feelings, this is a helpful and engaging guide celebrating the importance of good mental health. Uses a Christian perspective to explore the world of emotions alphabetically, from afraid to zany.

Kids use workbooks to learn how to read and add and subtract-so why not how to understand their feelings as well? Emotional learning is just as important as academic learning, and this book contains fun drawing exercises and activities aimed to empower kids 4-7 to understand and accept a wide range of emotions.

"From tiger fierce to snail slow, there are lots of ways to feel and be. A walk through the menagerie of Tiger Days helps young readers see all the feelings they have and the ways those feelings change. Through playful rhymes and colorful illustrations, this spirited book gives children new tools to understand the range of their emotions and express themselves to family, teachers, friends, and themselves. Tiger Days was written by M.H. Clark, bestselling author of You Belong Here and Tiny, Perfect Things."

Explains what feelings are and discusses how to recognize and understand them.

What you feel is who you are... Explore a world of emotions with this stunning peep-through board book.

From Matthew Cordell, the author-illustrator of the Caldecott award-winning book *Wolf in the Snow*, comes this delightful picture book that's as charming as it is fun. It's raining. There's nothing to do. Ruben is bored. But things start looking up when his grandmother gives him and his little brother some gum. Gum is fun. There's just one problem with gum—it tends to make a mess! Uh-oh. . . . Praise for *Trouble Gum*: "Packs plenty of pop." —Kirkus Reviews "Working with a stripped-down palette of black, white, red and bubblegum pink, Cordell's (Mighty Casey) first solo effort evokes irrepressible boyhood with laughs throughout. . . . Dozens of Steig-like pen and ink drawings show the antics of the partners in crime." —Publishers Weekly "Irresistible. . . . graphically dynamic." —San Francisco Chronicle "The simple story line and liberal use of white space open plenty of opportunities for Cordell's winsome art to generate laughs. . . . A few understated sibling notes sneak into the minimal presentation as well, making this book more than just a pure giggle-maker." —Booklist

From the author of the popular *Introvert Doodles* and *Kind of Coping*, Maureen "Marzi" Wilson is tackling all kinds of big feelings with over 175 relatable, supportive, and light-hearted comics in her signature style. We've been conditioned to think that the most acceptable response to "How are you?" is, "I'm fine." But our emotions are much more complicated than that!

Sometimes we feel a little annoyed, or elated, or afraid. And you know, that's okay! In *The Little Book of Big Feelings*, Maureen "Marzi" Wilson takes us on a journey of self-acceptance and validation. After all, our emotions are only reactions to experiences that we can learn from; there's no such thing as a "bad" emotion. It's okay to be scared, it's alright to feel hopeful,

and it's perfectly fine to feel both at the same time. There is a wide range of human emotions, and it's time we start embracing each one!

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

Inspired by the Montessori method of education this unique board book uses wooden emojis that spin to help navigate the world of emotions with your child. Explore a range of interesting and emotive topics together to delve into what feelings really mean. This interactive book with wooden emojis to spin and choose from will help parents and caregivers navigate the world of emotions with children. Explore a wide range of interesting and emotive topics together and delve into what feelings really mean. My World is an engaging series inspired by the Montessori method of education where each title features hands-on, practical learning. Enthusiastic young learners can explore many exciting topics presented in creative, unique formats.

Do you know your own feelings? Sometimes, we're happy, so we laugh and shout with glee. Other times, we're angry, and want to rage and roar. It is not easy to deal with our many contradictory emotions. To recognize our own feelings and deal with them responsibly is an important learning process for children, and a trial of limits. This vibrantly and expressively illustrated book invites children to talk about feelings. It takes readers through a range of potential emotions without ever calling them "good" or "bad," allowing children to recognize and examine their own emotional world.

From the creator of ARCHIE THE DAREDEVIL PENGUIN comes the unique story of two friends who can't escape all the feels. Camper is happy as a clam and Clam is a happy camper. When you live in The Happy Book, the world is full of daisies and sunshine and friendship cakes . . . until your best friend eats the whole cake and doesn't save you one bite. Moving from happiness to sadness and everything in between, Camper and Clam have a hard time finding their way back to happy. But maybe happy isn't the goal--being a good friend is about supporting each other and feeling all the feels together. At once funny and thoughtful, The Happy Book supports social-emotional learning. It's a book to keep young readers company no matter how they're feeling!

Sometimes I feel silly. Sometimes I feel like eating pizza for breakfast. Sometimes I feel brave. Sometimes I feel like trying something new... The Feelings Book vibrantly illustrates the wide range of moods we all experience. Kids and adults will appreciate Todd Parr's quirky intelligence as he pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes.

The way that we feel is governed by two separate and often conflicting dispositions: instinct and emotion. Instincts are inherent and unlearned; they provide us with deeply ingrained patterns of response to different kinds of stimuli. Emotions are subjective and personal; they govern our thoughts and behaviour, and are inextricably linked to our perception of personality, mood and temperament. Using a blend of psychology and philosophy, This Book Has Feelings looks at these unique facets of the human psyche. It reveals the fascinating things they tell us about ourselves and profiles the amazing minds that have unlocked the secrets of our consciousness. Packed with real-life examples and the latest theories, this fascinating book constantly challenges the reader

to examine his or her own instincts and emotions using a variety of thought experiments, mind maps, exercises and puzzles. The way that we feel is governed by two separate and often conflicting dispositions: instinct and emotion. Instincts are inherent and unlearned; they provide us with deeply ingrained patterns of response to different kinds of stimuli. Emotions are subjective and personal; they govern our thoughts and behaviour, and are inextricably linked to our perception of personality, mood and temperament. Using a blend of psychology and philosophy, *This Book Has Feelings* looks at these unique facets of the human psyche. It reveals the fascinating things they tell us about ourselves and profiles the amazing minds that have unlocked the secrets of our consciousness. Packed with real-life examples and the latest theories, this fascinating book constantly challenges the reader to examine his or her own instincts and emotions using a variety of thought experiments, mind maps, exercises and puzzles.

Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Need to stop screwing up? Feel like you're under a loser's curse? Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, *F*ck Feelings* warns that convincing yourself that there is such a path will actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. Life is hard. It's not fair. Our feelings cloud our rationality, and we become tangled in our efforts to achieve the impossible or change the unchangeable. In this groundbreaking, entirely sensible, and funny book, the Bennetts open the shrink's secret solution manual and show you how to find a new kind of freedom by working toward realistic goals and doing the best with what you can control. They address the most common problems Dr. Bennett's patients bring to his private practice—problems with family, love, work, self-esteem, garden variety assholes, and more—and give you a script for going forward. With no-bullshit advice from a Harvard-educated shrink freed of all jargon and patronization by his smart-ass, comedy writer daughter, *F*ck Feelings* is the cut-to-the-chase therapy session you've been looking for.

Colorful illustrations and rhyming text introduce words that express feelings and emotions.

Wall Street Journal Bestseller! Next Big Idea Club selection?chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the "two most groundbreaking new nonfiction reads of the season!" "A must-read that topples the idea that emotions don't belong in the workplace." --Susan Cain, author of *Quiet* A hilarious guide to effectively expressing your emotions at the office, finding fulfillment, and defining work-life balance on your own terms. How do you stop the office grouch from ruining your day? How do you enjoy a vacation without obsessing about the unanswered emails in your inbox? If you're a boss, what should you do when your new,

eager hire wants to follow you on Instagram? The modern workplace can be an emotional minefield, filled with confusing power structures and unwritten rules. We're expected to be authentic, but not too authentic. Professional, but not stiff. Friendly, but not an oversharer. Easier said than done! As both organizational consultants and regular people, we know what it's like to experience uncomfortable emotions at work - everything from mild jealousy and insecurity to panic and rage. Ignoring or suppressing what you feel hurts your health and productivity -- but so does letting your emotions run wild. Our goal in this book is to teach you how to figure out which emotions to toss, which to keep to yourself, and which to express in order to be both happier and more effective. We'll share some surprising new strategies, such as:

- * Be selectively vulnerable: Be honest about how you feel, but don't burden others with your deepest problems.
- * Remember that your feelings aren't facts: What we say isn't always what we mean. In times of conflict and miscommunication, try to talk about your emotions without getting emotional.
- * Be less passionate about your job: Taking a chill pill can actually make you healthier and more focused.

Drawing on what we've learned from behavioral economics, psychology, and our own experiences at countless organizations, we'll show you how to bring your best self (and your whole self) to work every day.

In this book with rhyming text, a lamb's parents educate him about the value of practice, perseverance, and attitude to achieve his goal which, for right now, is beating dad at a game.

The crayons are back in this board book all about feelings from the creators of the #1 New York Times bestselling *The Day Crayons Quit* and *The Day the Crayons Came Home!* Everyone knows the crayons love to color, but did you know that crayons have feelings too? Sometimes they are happy and sometimes they feel downright blue. From the creative minds behind the *The Day the Crayons Quit* and *The Day the Crayons Came Home*, comes a fun board book to help young readers understand and express their feelings.

PICTURE STORYBOOKS. *A Book of Feelings* stars a brother and sister, Sam and Kate, and their dog, Fuzzy Bean. Sam and Kate know what makes them happy: cuddling Mum, reading a story with Dad, swimming, running and dancing ... lots of things. But they don't feel happy all the time (nor does Fuzzy Bean), and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other. Amanda McCardie's supremely subtle and sensitive text is as alive to the nuances of children's behaviour as Salvatore Rubbino's amazing pictures. Ages 0+

Pages that flip to show color pictures, black and white pictures, or blank pages can be used to teach children about their feelings.

Help curious preschoolers find out more about themselves with these fantastic lift-the-flap board books. *Find Out About: Feelings* helps curious preschoolers get to grips with their feelings and emotions - a key topic for both them and their parents. Featuring friendly child characters and familiar situations, they will find answers and reassurance when they are feeling happy, sad, frightened, brave and everything in between. With fun flaps to lift and a memory game at the end, this is an excellent book for children and

Download Ebook A Book Of Feelings

parents to share together. Also available: Find Out About: Animals

[Copyright: 4b8a93e559037aa6482e3ade067f21c8](#)