

## The Feelings Book

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.

Beloved and New York Times bestselling author Todd Parr uses his signature blend of playfulness and sensitivity to explore the value and joy in being kind to others. With his trademark bright colors and bold lines, Todd Parr takes on a topic more important than ever: being kind to each other. This idea is both a perfect fit for Todd's cheerful, child-friendly positivity and incredibly close to Todd's own heart. No matter what other people choose to do, you can always choose to be kind -- and what a wonderful thing to be! Today's parents and teachers are looking for ways to instill empathy and kindness in children at a young age -- this book is the perfect introduction to a timely and timeless topic.

This updated journal, designed to help girls understand their emotions, is the perfect companion to The Feelings Book. It's a great hands-on guide that helps girls identify and handle all kinds of emotions with entertaining quizzes, fill-in-the-blank exercises, and checklists. It also includes a section on "mood minders" - specific techniques that help girls address feelings such as fear, anxiety, happiness, jealousy, disrespect, anger, loneliness, sadness, grief and more. Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

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

## Online Library The Feelings Book

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.

Jim Panzee wakes up in a bad mood one beautiful day, but he keeps denying he is grumpy even as his friends give advice for feeling better.

Why do we have feelings? A fun and charming story that allows readers to start a conversation on how to recognise their own body sensations and feelings. \*Helping kids understand their bodies \*Learning signals indicating what their body is experiencing \*Teaching the kids about senses \*Helping kids identify and express feelings \*Our body is our friend \*\*\*\*\* Any 3-5 year old learning to talk about feelings will find much to connect to in this cute children's book. - Erika \*\*\*\*\*As a preschool teacher this is one of my favorite books for young children. - Lindsey \*\*\*\*\* This book is wonderful, if you are having discussions with your children about feelings and body sensations. - Liz \*\*\*\*\* Absolutely loved this book! I got it for my grandkids who are 2 and 5 years old. - Jane This story is geared to kids ages 3-5. Perfect for boys, girls, preschool, pre-K, and Kindergarten. Excellent resource for counselors, parents, and teachers. Purchase a paperback copy with COLORING PAGES! Add this children's book to your cart now and enjoy!

Encourage kids to explore their emotions through engaging activities for ages 4 to 8 When children can identify their feelings, they're better able to work through them and express them in a positive way. Help kids build essential social and emotional skills with this constructive approach to feelings books for children. It's filled with activities that teach kids to understand their feelings and practice healthy methods for managing them. Kids will discover what happens to their

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minds and bodies when they experience emotions like happiness, anger, and embarrassment--and how to cope with big feelings when they arise. This standout among feelings books for children includes: A balanced approach--Investigating all of their feelings without judgment will show children how to handle a wide spectrum of emotions. Real-life situations--Realistic examples encourage kids to think about how they'd feel and react in different scenarios, helping them develop empathy and manage their emotions in new situations. A wide variety of activities--This fun choice in feelings books for children keeps kids engaged with coloring, drawing, writing, solving puzzles, and more. Give kids the tools to deal with their emotions in a healthy way with this colorfully illustrated entry into feelings books for children.

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.

This fun, imaginative book offers children a way to develop their emotional literacy skills through creativity and drawing. The new edition has been reimaged as a

child-friendly activity book that can be completed independently, with beautiful new illustrations and more than ten extra activities. For professionals, the book is designed to be flexible and photocopiable, so that it can be used in a range of educational and therapeutic settings. The accompanying instructions and guidance are now available online, with a clearly stated aim for each activity, a suggested outline of how to facilitate and three optional follow-on ideas. There are now also three Monitoring and Evaluation templates included in the online booklet, one for individual work, one for group work and one for whole-class work. The resource is divided into three themed sections:

- **Self Esteem:** Activities exploring identity, personal empowerment, aspirations and values, and important relationships in a child's life
- **Emotions:** In this section, children are invited to consider a range of complex feelings such as excitement, jealousy and disappointment
- **Empathy and Imagination:** These activities guide children towards an awareness of other people's experiences, emotions and feelings

Suitable for both parents and professionals, this book is an invaluable resource for anybody looking to improve the emotional awareness and wellbeing of young people.

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 mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of

schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how. We all feel many different emotions every day. For young children, those feelings can be extra strong. And sometimes, children need help finding the words to describe how they're feeling. This friendly and positive alphabet book gives children those "feelings words," and explores the idea that while some feelings are more comfortable than others, all are natural and important. *F Is for Feelings* invites children to share, express, and embrace their emotions—every day! A section in the back provides tips and activities for parents and caregivers to reinforce the themes and lessons of the book. Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

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.

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.

The Feelings Book Little, Brown Books for Young Readers

I love you when you give me kisses. I love you when you need hugs... Most of all, I love you just the way you are. In his newest picture book, Todd Parr explores the meaning of unconditional love in a heartfelt, playful way. Featuring a heart-shaped die-cut and sparkling silver foil on the cover, this is the perfect way to say, "I love you!" Parents and caregivers are sure to be inspired by Todd's vibrant illustrations and tender sentiments, and will enjoy sharing this very special book with the little ones they love.

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!

A trans boy determined to prove his gender to his traditional Latinx family summons a ghost who refuses to leave in Aiden Thomas's New York Times-bestselling paranormal YA debut Cemetery Boys, described by Entertainment Weekly as "groundbreaking." Yadriel has summoned a ghost, and now he can't get rid of him. When his traditional Latinx family has problems accepting his true gender, Yadriel becomes determined to prove himself a real brujo. With the help of his cousin and best friend Maritza, he performs the ritual himself, and then sets out to find the ghost of his murdered cousin and set it free. However, the ghost he



summons is actually Julian Diaz, the school's resident bad boy, and Julian is not about to go quietly into death. He's determined to find out what happened and tie off some loose ends before he leaves. Left with no choice, Yadriel agrees to help Julian, so that they can both get what they want. But the longer Yadriel spends with Julian, the less he wants to let him leave. Praise for Cemetery Boys: Longlisted for the National Book Award "The novel perfectly balances the vibrant, energetic Latinx culture while delving into heavy topics like LGBTQ+ acceptance, deportation, colonization, and racism within authoritative establishments."

—TeenVogue.com "This stunning debut novel from Thomas is detailed, heart-rending, and immensely romantic. I was bawling by the end of it, but not from sadness: I just felt so incredibly happy that this queer Latinx adventure will get to be read by other kids. Cemetery Boys is necessary: for trans kids, for queer kids, for those in the Latinx community who need to see themselves on the page. Don't miss this book." —Mark Oshiro, author of *Anger is a Gift* Offers advice to and from girls on how to make and keep friends, and includes five mini friendship posters inserted in the back of the book.

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.

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.

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

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.

## Online Library The Feelings Book

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

Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. When his loved ones are having a hard day, he feels their emotions as if they were his own. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated. Written by debut picture book author Britney Winn Lee and boldly illustrated by Jacob Souva, *The Boy with Big, Big Feelings* is relatable for any child, but especially for children experiencing anxiety and extreme emotions, or who have been diagnosed with autism or as a Highly Sensitive Person.

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.

Your kids are experiencing a frenzy of feelings daily, such as: fear, shyness, happiness, frustration, silliness, sadness, anger, and more. This mindful, age-appropriate, and engaging book will help your young children identify their unique emotions as it cleverly and creatively covers relevant

## Online Library The Feelings Book

feelings. Specifically, the book introduces an adorable plot: One day a girl meets a monster. What do they feel in that moment? Will they become friends?... You'll see how the characters help each other recognize what they're feeling and address their emotions without tantrums and meltdowns. With rhyming texts and warm illustrations, the book allows children to better understand and process what they feel in the exact moment and the reason for that feeling. Together with your child, you'll learn a variety of emotions, practice useful words, and guide your kiddos to master reading, vocabulary, speech, grammar, and other emergent literacy skills while also achieving emotional regulation. In addition, you'll gain the opportunity to speak about what your child is feeling. Set your kiddos' feelings free and let them soar with love, laughter, and literacy today!

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.

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.

In the funniest book about being sad, a disagreement with Malcolm sends Ira into a slump

"A group of kids express a multitude of feelings and discover they are not alone"--

Your emotions contain brilliant information. When you learn to welcome them as your allies, they can reveal creative solutions to any situation. For 35 years, empathic counselor and researcher Karla McLaren has developed a set of practical tools for the real-world stresses of family, career, and the quest for personal fulfillment. In *The Language of Emotions*, she presents her breakthrough teachings for a new and empowering relationship with your feeling states. Your emotions—especially the dark and dishonored ones—hold a tremendous amount of energy. We've all seen what happens when we repress or blindly express them. However, there is a powerful alternative. In *The Language of Emotions*, you'll learn to meet your emotions and engage with them to safely move toward resolution and equilibrium. Through experiential exercises covering a full spectrum of feelings from anger, fear, and shame to jealousy, grief, joy, and more, you will discover how to work with your own and others' emotions with fluency and expertise. When we relate to our emotions with respect and authenticity, we can directly access our innermost wisdom, unfold the

deepest parts of ourselves, and heal our most painful wounds. The Language of Emotions gives us a much-needed resource for self-understanding and freedom: How to overcome addictions, distractions, and unresolved trauma—the three primary impediments to emotional ease Using the energy of anger to protect and restore personal boundaries Step-by-step guidance in the five skills of the empath (someone skilled in reading emotions) How to balance your “quaternity,” a metaphor for the interplay of mind, body, spirit, and emotions Honoring sadness as a source of release and rejuvenation Joy, the natural response to beauty and communion Praise “In my graduate education in counseling psychology, I found very little information about our emotions. Yet in my work as a therapist and educator, I’ve seen that emotions are key to healing. Karla McLaren’s book offers an outstanding guide to the signals and messages emotions send us, along with clear instructions for intelligent and emotion-supporting actions we can take in response. Karla has made a huge contribution to the well-being of us all; The Language of Emotions will become required reading in all of my courses.”—Nancy —Feehan, MFT, adjunct professor of counseling psychology at the University of San Francisco “Karla McLaren’s unique, empathic view of emotions surprisingly revalues even the most ‘negative’ emotions and opens pathways to understanding the

depths of the human soul.” —Michael Meade, author of *The World Behind the World* and *The Water of Life* “This book changed the way I relate to others, and to myself, forever.” —Gavin De Becker, author of *The Gift of Fear*

Presents words and music to a simple song celebrating emotions and the value of expressing them.

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

A guide to navigating emotional challenges during puberty for girls Growing up means changes, and, during puberty, those changes can feel overwhelming. *Celebrate Your Feelings* is a puberty book for girls--ages 8-12--that can help them understand themselves better and deal with their ever-changing emotions, thoughts, moods, relationships, and more! This practical puberty book for girls is packed with powerful new ways to keep calm, and feel good, like simple breathing techniques, practicing mindfulness, exercising, and self-care tips. Find out what it takes to connect with others and become the smart, strong, and confident young person you were meant to be. This empowering puberty book for girls includes: Awesome activities--Explore your feelings through guided exercises, quizzes, and prompts. Inclusive approach--This essential puberty book for girls is for you, no matter what kind of girl you are! Engaging



images--Make learning fun with help from colorful illustrations for girls like you. Discover the power of creating a positive mindset in this puberty book for girls so you can tackle anything!

Todd Parr's colorful art and positive picture books are perfect for your youngest readers. These easy-to-read titles encourage kids to believe in themselves and to accept others. Aligned to Common Core standards and correlated to state standards.

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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!

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