

My Book Of Feelings A Book To Help Children With Attachment Difficulties Learning Or Developmental Disabilities Understand Their Emotions

My Book of FeelingsBabyFirst My FeelingsLots of FeelingsTalking About FeelingsToday I Feel . . .My Feelings and MeMy Big Book of Feelings15 Wonderful Writing Prompt Mini-BooksMy Book of FeelingsFeelingsThe Way I FeelMy FeelingsDreams from My FatherMy FeelingsTiger DaysMy Book Full of FeelingsIn My Feelings; a collection of poemsThe Story of My FeelingsF*ck FeelingsMy Book of FeelingsA Little Book about FeelingsThe Little Book of Big FeelingsThe Berenstain Bears and Too Much TeasingIn My HeartThe Berenstain Bears Forget Their MannersWe Free the StarsMe and My FeelingsThe Feelings BookTheo's MoodAll About FeelingsMy Book of BraveHow To Win Friends and Influence PeopleWhat If I Know My Feelings?FeelingsThe Feelings BookFeelingsWhat Am I Feeling?A Book of FeelingsPillowlandF Is for Feelings

My Book of Feelings

How are you feeling today? Being able to ask and answer this question is a key stage in children's development and essential for maintaining good relationships with friends and family, effective learning, and good mental health. This fun, friendly

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and reassuring introduction is designed to help young children recognise, understand and name different feelings and learn to talk about and manage them in helpful ways. Helps build children's self-esteem as they develop emotional intelligence and empathy by recognising and responding appropriately to their own and other people's feelings. Helps children with the personal, social and emotional development goals of the Early Years curriculum. Notes for parents on the importance of emotional intelligence and tips on how they can help young children manage their emotions to become more resilient in the face of stress and anxiety.

BabyFirst My Feelings

Playful poems and prose about feelings that include fear, love, sadness, happiness, confidence, pain, and anger. Illustrations are made of torn paper collages. The verse includes pre-primer and vocabulary words and aligns with English Language Arts standards for reading and literacy. Includes a word list.

Lots of Feelings

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

Talking About Feelings

Inspire kids to write and build literacy and with easy-to-make, keepsake mini-books they'll love! Engaging page-by-page prompts invite kids to write and

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illustrate their own books across a variety of genres – autobiography, fairy tales, tall tales, letters, and more. Ideas for introducing and sharing each mini-book are included. For use with Grades 1-3.

Today I Feel . . .

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.

My Feelings and Me

The second book in the Sands of Arawiya duology by the masterful Hafsah Faizal—the follow-up to the smash New York Times bestselling novel *We Hunt the Flame*. Darkness surged in his veins. Power bled from her bones. The battle on Sharr is over. The Arz has fallen. Altair may be captive, but Zafira, Nasir, and Kifah are bound for Sultan's Keep, determined to finish the plan Altair set in motion: restoring the hearts of the Sisters of Old to the minarets of each caliphate, finally bringing magic to all of Arawiya. But they are low on resources and allies alike, and the kingdom teems with fear of the Lion of the Night's return. As the zumra plots to overthrow Arawiya's darkest threat, Nasir fights to command the magic in his blood. He must learn to hone his power, to wield it against not only the Lion but his father as well,

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trapped under the Lion's control. Zafira battles a very different darkness festering in her through her bond with the Jawarat—it hums with voices, pushing her to the brink of sanity and to the edge of a chaos she dares not unleash. In spite of everything, Zafira and Nasir find themselves falling into a love they can't stand to lose . . . But time is running out, and if order is to be restored, drastic sacrifices will have to be made. Lush and striking, hopeful and devastating, *We Free the Stars* is the masterful conclusion to the *Sands of Arawiya* duology by New York Times–bestselling author Hafsah Faizal.

My Big Book of Feelings

Does playing in the snow make you happy? Maybe you worry about visiting the dentist? Use the colourful emoji spinner and mirror to put a face to your feelings! This interactive book helps you to navigate the world of emotions with your child. Explore a range of interesting and emotive topics together and delve into what feelings really mean.

15 Wonderful Writing Prompt Mini-Books

Happy, sad, shy, excited--how do you feel? Sometimes it's hard to explain you feelings. Share this book with a friend and you'll both feel terrific!

My Book of Feelings

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will

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Understand Their Emotions

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 shrinks' 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.

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Feelings
Understand Their Emotions

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.

The Way I Feel

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

My Feelings

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

Dreams from My Father

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

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My Feelings

Tiger Days

Can show-and-tell day be saved? It's show-and-tell day at school, and Sam and his friends are feeling lots of emotions. He wonders why he feels flippy in his tummy. And why is Alex stomping his feet? And does Hudson usually have such a big grin? After several unchecked feelings threaten to ruin the big day, Sam and his friends start to learn how to give each emotion a name and ask God to help them remember that "a feeling is just a feeling—it's not in charge of you." In a world where kids are dealing with everything from sibling rivalry to bullying, divorce to tragedy, *What Am I Feeling?* offers a biblically grounded way for children to verbalize their feelings, develop empathy and self-control, and understand their wonderful God-given emotions. BONUS! Also includes a pull-out feelings chart for your wall! Go to bhkids.com to find this book's Parent Connection, an easy tool to help moms and dads (or anyone else who loves kids) discuss the book's message with their child. We're all about connecting parents and kids to each other and to God's Word.

My Book Full of Feelings

Babies love looking at other babies and also love

looking at themselves in the mirror. This adorable book lets them do both while exploring feelings. Is baby happy? Is she sad? Surprised? This book delights and entertains very young children as they look at photos of babies expressing 6 different emotions—happiness, sadness, surprise, silliness, shyness, and excitement—then try to make the same face in the mirror. Featuring Harry the Bunny—BabyFirst’s most popular character—this book engages and delights.

In My Feelings; a collection of poems

This classic Berenstain Bears story is a perfect way to teach children about the importance of good manners! Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. Mama has noticed that Papa, Brother, and Sister have not been using their good manners, so now it’s up to her to help get back on track. Includes over 50 bonus stickers!

The Story of My Feelings

"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

F*ck Feelings

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

My Book of Feelings

A daring and intimate new book by the poet and memoirist Nick Flynn, "a champion of contemporary American poetry" (Newpages) . . . the take from his bank jobs, all of it will come to me, if I can just get him to draw me a map, if I can find the tree, if I can find the shovel. And the house, the mansion he grew up in, soon a lawyer will pass a key across a walnut desk, but even this lawyer will not be able to tell me where this mansion is. —from "Kafka" In *My Feelings*, Nick Flynn makes no claims on anyone else's. These poems inhabit a continually shifting sense of selfhood, in the attempt to contain quicksilver realms of emotional energy—from grief and panic to gratitude and understanding.

A Little Book about Feelings

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 Little Book of Big Feelings

It's Mood Monday and Miss Cady's class is sharing how they feel after the weekend. But Theo doesn't know whether he's in a good mood or a bad mood. He has a new baby sister and he isn't just happy like Eric who got a new bike or sad like April who lost her dog. As Theo's classmates discuss all their feelings, he realizes he's not in a good mood or a bad mood—he's all those things!

The Berenstain Bears and Too Much Teasing

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

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subtle and sensitive text is as alive to the nuances of children's behaviour as Salvatore Rubbino's amazing pictures. Ages 0+

In My Heart

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.

The Berenstain Bears Forget Their Manners

Laurie Berkner, “the queen of children’s music” (People), pairs the lyrics of her beloved hit with Camille Garoche’s gentle illustrations in this winning bedtime picture book—a must-have for fans of Laurie’s music and all things soft and sweet. I know a place, a kingdom far away, where people wear pajamas every night and every day. Where all the

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houses, the buildings, and the trees are made of fluffy pillows that are soft as they can be. Laurie Berkner's treasured song "Pillowland" is now a beautiful picture book! Featuring magical, lush art by Camille Garoche, Pillowland carries readers away to a feather-fluffed dream world where bedtime is always a grand adventure. We're going to land in Pillowland!

We Free the Stars

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.

Me and My Feelings

The Feelings Book

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

Theo's Mood

What you feel is who you are Explore the world of emotions with this stunning peep-through book. The lyrical text and enchanting illustrations bring each emotion to life to help children understand the universal and unique nature of feelings.

Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. Brother has begun to tease Sister because he thinks it's funny, but when the tables are turned and Too-Tall-Grizzly starts teasing Brother, a very valuable lesson is learned. This beloved story is a perfect way to teach children about kindness and consideration.

My Book of Brave

How To Win Friends and Influence People

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.

What If I Know My Feelings?

#1 NEW YORK TIMES BESTSELLER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS In this iconic memoir of his early days, Barack Obama "guides us straight to the intersection of the most serious questions of identity, class, and race" (The Washington Post Book World). "Quite extraordinary."—Toni Morrison In this lyrical, unsentimental, and compelling memoir, the son of a black African father and a white American mother

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searches for a workable meaning to his life as a black American. It begins in New York, where Barack Obama learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident. This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother’s family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father’s life, and at last reconciles his divided inheritance. Praise for *Dreams from My Father*

“Beautifully crafted . . . moving and candid . . . This book belongs on the shelf beside works like James McBride’s *The Color of Water* and Gregory Howard Williams’s *Life on the Color Line* as a tale of living astride America’s racial categories.”—Scott Turow

“Provocative . . . Persuasively describes the phenomenon of belonging to two different worlds, and thus belonging to neither.”—The New York Times Book Review

“Obama’s writing is incisive yet forgiving. This is a book worth savoring.”—Alex Kotlowitz, author of *There Are No Children Here*

“One of the most powerful books of self-discovery I’ve ever read, all the more so for its illuminating insights into the problems not only of race, class, and color, but of culture and ethnicity. It is also beautifully written, skillfully layered, and paced like a good novel.”—Charlayne Hunter-Gault, author of *In My Place*

“*Dreams from My Father* is an exquisite, sensitive study of this wonderful young author’s journey into adulthood, his search for community and his place in it, his quest for an understanding of his roots, and his discovery of the poetry of human life. Perceptive and wise, this book will tell you something

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about yourself whether you are black or white.”—Marian Wright Edelman

Feelings

When a big feeling comes along you can handle it! Sometimes, emotions like anger or jealousy or excitement can seem too big to keep inside. Me and My Feelings is here to tell you: It's okay to have big feelings. And the good news is, you can calm down those strong emotions--so you won't feel like you're going to explode! This book shows you how to stay in control--by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal with all kind of feelings, including the hard ones like sadness, anxiety, or even fear. Inside Me and My Feelings, you'll find: Everyone has emotions--When you understand your own emotions and feelings, you can also be understanding of other people's--like your family and friends. Ideas that help--This book is packed with ways to help you handle your feelings. Try out the exercises to see which tips and tricks work best for you! Quizzes and activities--Get to know yourself with quizzes like "Do My Emotions Rule Me?," along with other fun exercises and activities especially for kids ages 7-10. With Me and My Feelings, the next time your big feelings get too big--you'll know just what to do!

The Feelings Book

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!

Feelings

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.

What Am I Feeling?

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Understand Their Emotions

You can go after the job you want—and get it! You can take the job you have—and improve it! You can take any situation—and make it work for you! Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, *How to Win Friends & Influence People* will teach you:

- Six ways to make people like you
- Twelve ways to win people to your way of thinking
- Nine ways to change people without arousing resentment

And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

A Book of Feelings

Simple text and photographs introduce basic emotions--happy, grumpy, thoughtful, and more--and how people express them.

Pillowland

Join the Whatif Monsters as they explore all different kinds of feelings, as well as ideas for dealing with them!

F Is for Feelings

Being brave doesn't mean that you are never scared. Bravery means being able to gain control of your fears and move forward. "My Book of Brave" is a unique journal that aims to help anxious children

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identify their fears and take control of them. Each page of this book provides space to write down a situation from their day and record it in a way that feel most comfortable, whether that be through coloring, writing, drawing or all three. There are 145 pages in this journal, each one consisting of a feelings chart that can be colored to identify how scary a situation felt, a lined section for writing and a blank box for drawing. Use this book as a journal or diary and track progress over time to see where anxiety has decreased and self-confidence has increased. My Book of Brave includes *

- * A beginning quote about being brave
- * An explanation on how to use the journal
- * 145 journal pages - each consisting of a scary chart, lined box section for writing and a box for drawing
- * A scary chart on the back to use for discussion with a trusted adult

A great gift for any child struggling with anxiety in their life.

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