

How Are You Feeling Today Baby Bear?: Exploring Big Feelings After Living In A Stormy Home

Duck and Goose help toddlers learn about their feelings in this book that's perfect for reading 1, 2, 3 times per year and more! Duck and Goose are back in their third book appearance. All the favorite characters, including Bluebird and Thistle, return—this time to help toddlers learn about their feelings. Following on the heels of the hugely successful *What's Up, Duck?* and *Duck & Goose 1,2,3*, this charming board book uses simple text and colorful illustrations to help preschoolers identify familiar feelings like happy, sad, scared, and proud.

Emma, Egor and their new friend Eli learn to sign the words for different feelings children may encounter every day in school, while playing or when visiting the doctor. Each illustration draws from a real-life situation that children have the ability to respond to in sign language describing how the character might feel. These books are illustrated and signed using SEE Sign Exact English.

What makes us a good friend? And what might make us a not-so-good friend? What can friends do together? And how do we make friends? Best-selling author Molly Potter presents practical advice on helping children understand how to be a true friend and what helps and what hinders friendships. *Will You Be My Friend?* is ideal for starting conversations about making friends and includes a guide for parents and carers about supporting a child if they are having friendship difficulties. With fun and lively illustrations from Sarah Jennings, this book is both humorous and charming, and prompts children to discuss the idea of friendship with parents and peers.

"Soon after she recovered from a major heart attack, public relations specialist Carolyn Thomas turned her talents to learning and blogging about heart disease in women--and, now, to writing a book based on her extensive knowledge of heart disease in women and her own experience and the experiences of other women with the disease. Her more than 600 Heart Sisters blog posts have attracted 5 million+ views from readers in 190 countries.

Several of the posts have been re-published internationally, including in the British Medical Journal. She has been an invited participant at Mayo Clinic's medical conference on women's heart disease, and her story has been picked up by WSJ, NPR, CBS TV and radio, among other places. This evidence-based book combines the personal, emotional, and medical to create an engaging and timely view of women's heart health and disease"-- Children have strong feeling and they can't always handle them very well. Perfect for sharing, How Are You Feeling Today? is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears! A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all important skill of dealing with feelings.

Beyond Words

How Are You Feeling Today? Activity and Sticker Book

Duck and Goose

How Feeling Took Over the World

Starting conversations about the facts of life (From how babies are made to puberty and healthy relationships)

A Book about Emotions

Ease the Transition for You and Your Child!

For everyone who loved You Are a Badass and The Subtle Art of Not Giving a F*ck -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success How to Stop Feeling Like Sh*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible,

nicely bypassing weighty examinations in favor of punch-points of awareness.

From one of the world's leading neuroscientists: a succinct, illuminating, wholly engaging investigation of how biology, neuroscience, psychology, and artificial intelligence have given us the tools to unlock the mysteries of human consciousness In recent decades, many philosophers and cognitive scientists have declared the problem of consciousness unsolvable, but Antonio Damasio is convinced that recent findings across multiple scientific disciplines have given us a way to understand consciousness and its significance for human life. In the forty-eight brief chapters of Feeling & Knowing, and in writing that remains faithful to our intuitive sense of what feeling and experiencing are about, Damasio helps us understand why being conscious is not the same as sensing, why nervous systems are essential for the development of feelings, and why feeling opens the way to consciousness writ large. He combines the latest discoveries in various sciences with philosophy and discusses his original research, which has transformed our understanding of the brain and human behavior. Here is an indispensable guide to understanding how we experience the world within and around us and find our place in the universe.

We've all been told that thinking rationally is the key to success. But at the cutting edge of science, researchers are discovering that feeling is every bit as important as thinking. You make hundreds of decisions every day, from what to eat for breakfast to how you should invest, and not one of those decisions would be possible without emotion. It has long been said that thinking and feeling are separate and opposing forces in our behavior. But as Leonard Mlodinow, the best-selling author of Subliminal, tells us, extraordinary advances in psychology and neuroscience have proven that emotions are as critical to our well-being as thinking. How can you connect better with others? How can you make sense of your frustration, fear, and anxiety? What can you do to live a happier life? The answers lie in understanding your emotions. Journeying from the labs of pioneering scientists to real-world scenarios that have flirted with disaster, Mlodinow shows us how our emotions can help, why they sometimes hurt, and what we can learn in both instances. Using deep insights into our evolution and biology, Mlodinow gives us the tools to understand our emotions better and to maximize their benefits. Told with his characteristic clarity and fascinating stories, Emotional explores the new science of feelings and offers us an essential guide to making the most of one of nature's greatest gifts. An insightful and powerful look at the magic of summer camp—and why it is so important for children to be away from home . . . if only for a little while. In an age when it's the rare child who walks to school on his own, the thought of sending your "little ones" off to sleep-away camp can be overwhelming—for you and for them. But parents' first instinct—to shelter their offspring above all else—is actually depriving kids of the major developmental milestones that occur through letting them go—and watching them come back transformed. In Homesick and Happy, renowned child psychologist Michael

Thompson, PhD, shares a strong argument for, and a vital guide to, this brief loosening of ties. A great champion of summer camp, he explains how camp ushers your children into a thrilling world offering an environment that most of us at home cannot: an electronics-free zone, a multigenerational community, meaningful daily rituals like group meals and cabin clean-up, and a place where time simply slows down. In the buggy woods, icy swims, campfire sing-alongs, and daring adventures, children have emotionally significant and character-building experiences; they often grow in ways that surprise even themselves; they make lifelong memories and cherished friends. Thompson shows how children who are away from their parents can be both homesick and happy, scared and successful, anxious and exuberant. When kids go to camp—for a week, a month, or the whole summer—they can experience some of the greatest maturation of their lives, and return more independent, strong, and healthy.

The Wiggles have lots of different feelings!

Journal

My Resurrected Heart:

Get Unstuck, Embrace Change, and Thrive in Work and Life

Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us

How are you feeling today?

Emotional Agility

A mindful picture book to help small children overcome big worries

'Molly Potter's books are just gorgeous and this one is another winner!' Kathy Brodie, Early Years expert and Host of Early Years TV 'A good starting point for conversations about inclusion.' The Bookseller From the bestselling author of *How Are You Feeling Today?*, this picture book encourages children to celebrate uniqueness and diversity and helps them to challenge stereotypes. The *Same but Different* explores the ways in which we're all unique as well as the similarities we all share. Using everyday examples, clear explanations and colourful illustrations by Sarah Jennings, this book prompts children to broaden their perspectives and rejoice in their differences. After all, imagine how boring the world would be if everyone was exactly the same! This book covers lots of ways in which we're different, including how we look, where we live, the languages we speak, what our families are like and what we believe in. It's the perfect resource for starting important conversations with children about diversity and inclusion, with topics such as race, disability, gender, sexual orientation and religion. Early Years and PSHE expert Molly Potter also provides a glossary of terms and notes for parents and carers offering advice on tackling prejudice right from the start.

This handbook to understanding the human psyche takes readers on a journey between the ears, explaining how the brain decides what is right and wrong and why some people behave in such peculiar, delightful, and unpleasant ways.

We Should Get Together is the handbook for anyone who's ready for better friendships, now. Have you recently moved to a new

city and are struggling to make friends? Do you find yourself constantly making plans with friends that fall through? Are you more likely to see your friends' social media posts than their faces? You aren't alone. Millions of adults struggle with an uncomfortable and persistent ache: platonic longing, which is the unfulfilled wish for authentic, resilient, close friendships. But it doesn't have to be this way. Making and maintaining friendships during adulthood can be hard--or, with a bit of intention and creativity, joyful. Author Kat Vellos, experience designer and founder of Better Than Small Talk, tackles the four most common challenges of adult friendship: constant relocation, full schedules, the demands of partnership and family, and our culture's declining capacity for compassion and intimacy in the age of social media. Combining expert research and personal stories pulled from conversations with hundreds of adults, *We Should Get Together* is the modern handbook for making and maintaining stronger friendships. With this book you will learn to: Make and maintain friendships when you (or your friends) keep moving Have deeper and more meaningful conversations Triumph over awkwardness in social situations Become less dependent on your phone Identify and prioritize quality connections Find time for friendship despite your busy calendar Create closer, more durable friendships Full of relatable stories, practical tips, 60 charming illustrations, 55 suggested activities, a book club discussion guide, and 300+ conversation starters, *We Should Get Together* is the perfect book for anyone who wants to have dedicated, life-enriching friends, and who wants to be that kind of friend, too.

In a world where we usually measure animals by human standards, prize-winning author and MacArthur Fellow Carl Safina takes us inside their lives and minds, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover who they really are. Weaving decades of observations of actual families of free-living creatures with new discoveries about brain functioning, Carl Safina's narrative breaches many commonly held boundaries between humans and other animals. In *Beyond Words*, readers travel the wilds of Africa to visit some of the last great elephant gatherings, then follow wolves of Yellowstone National Park sort out the aftermath of their personal tragedy, then plunge into the astonishingly peaceful society of killer whales living in waters of the Pacific Northwest. We spend quality time, too, with dogs and falcons and ravens; and consider how the human mind originated. In his wise and passionate new book, Safina delivers a graceful examination of how animals truly think and feel, which calls to question what really does—and what should—make us human. Through vibrant illustrations and playful rhymes, follow a little boy through his morning routine--and all the emotions that come with it!

How Are You Feeling Today Baby Bear?

The Lottery

Feeling & Knowing

Little Unicorn Is Angry

From the bestselling author of *How Are You Feeling Today?*

14 Habits that Are Holding You Back from Happiness

A Codependent's Journey to Healing

Mr. Men meets The Color Monster--with a unicorn!--in the third book in this series that taps into the current trend of books about childhood emotions, this one about sadness. A little unicorn's rainbow-colored mane shifts to a single color when he's feeling a particularly strong emotion. It seems like a storm comes over him when he's sad, and his mane turns deep blue. But when he repeats a breathing exercise, the clouds clear and his rainbow returns--and if he ever feels sad again, he'll know just what to do. This distinctive series about coping with strong feelings integrates a breathing exercise into the story, making these books perfect for parents who are seeking practical tools for their children. With accessible, mainstream artwork and unicorn character appeal, each book focuses on just one emotion, allowing parents and children to dive deeper into individual moods. Little Unicorn is Shy will release at the same time.

Baby Bear lives in a home with the Big Bears, and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive, charming storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.

How are you feeling today? This is an interactive emotion chart for kids. They color the emotion that they are feeling for the day and also draw a picture of the emotion they are feeling. This is a fun interactive chart where kids can learn and identify their emotions daily.

The story of one woman's life with an alcoholic spouse will resonate with anyone dealing with a loved one's addiction. After her husband moved out, author Diane Jellen sought professional counseling and learned that she had played a leading role in the family drama. In order to achieve spiritual and emotional recovery, she had to deal with her own issues including: • Denial • Stigma of addiction • Shame • Blame • Family secrets • Divorce • Financial loss • Inability to trust This forty-day devotional memoir details Jellen's slow but progressive recovery from crippling codependent behavior to self-respect. Follow Diane on her healing journey and learn how you, too, can face your fears and overcome your shortcomings. Along the way, you will discover that it's okay to love and respect the person God designed you to be.

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and

texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

What Animals Think and Feel

Exploring Big Feelings After Living in a Stormy Home

Nervous States

The Way I Feel

Will you be my Friend?

Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

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 know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? *What's Going On Inside My Head?* is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships and mindfulness, this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way it will help establish solid foundations for every child's current and future wellbeing. Perfect for starting conversations with children about their mental and emotional health, *What's Going On Inside My Head?* is a must for every parent who understands the importance of keeping a healthy mind.

A dazzlingly original analysis of the times we are living in by one of Britain's most exciting thinkers 'A masterpiece' New York Times 'Insightful and well-written' Yuval Noah Harari, author of *Sapiens* In this age of emotional political conflict, there is less and less to agree upon. Experts are no longer respected as impartial; public debate is reduced to attack and counter-attack; the boundary between facts and propaganda seems to be dissolving. We live in a world not quite at war but nor exactly at peace. How did things reach this point, and what can we do about it? In this enlightening, far-reaching and provocative book, William Davies explores how physical and emotional feeling came to reshape our world today, destabilising governments and placing us all on high-alert. Drawing on a 400-year history of scientific and political ideas, he shows how our sensations were once treated with suspicion, before being seized enthusiastically as a path to mass mobilisation in war. As we enter a new technological and political era, this book reveals the origins of the nervous states in which we now live.

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

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the

best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

Little Unicorn Is Sad

How Are You Peeling? (Scholastic Bookshelf)

We Should Get Together

Duck & Goose, How Are You Feeling?

How Are You Feeling Today, Timmy Taco?

How Are You Feeling Today?

Homesick and Happy

Emotions play a critical role in mathematical cognition and learning. *Understanding Emotions in Mathematical Thinking and Learning* offers a multidisciplinary approach to the role of emotions in numerical cognition, mathematics education, learning sciences, and affective sciences. It addresses ways in which emotions relate to cognitive processes involved in learning and doing mathematics, including processing of numerical and physical magnitudes (e.g. time and space), performance in arithmetic and algebra, problem solving and reasoning attitudes, learning technologies, and mathematics achievement. Additionally, it covers social and affective issues such as identity and attitudes toward mathematics. Covers methodologies in studying emotion in mathematical knowledge Reflects the diverse and innovative nature of the methodological approaches and theoretical frameworks proposed by current investigations of emotions and mathematical cognition Includes perspectives from cognitive experimental psychology, neuroscience, and from sociocultural, semiotic, and discursive approaches Explores the role of anxiety in mathematical learning Synthesizes unifies the work of multiple sub-disciplines in one place

Sam is a quiet little boy who hates show-and-tell. Just thinking about it makes his stomach hurt. Sam must find a way to conquer his fear of show-and-tell.

How are you feeling today? Bloomsbury Publishing

Let Scholastic Bookshelf be your guide through the whole range of your child's experiences—laugh with them, learn with them, read with them! Eight classic, best-selling titles are available now! Category: Feelings "Amused? Confused?

Frustrated? Surprised? Try these feelings on for size." This is a book that asks all the right questions. And leaves you feeling great no matter what the answers are!" Who'd have dreamed that produce could be so expressive, so charming, so lively and

so funny?...Freymann and...Elffers have created sweet and feisty little beings with feelings, passions, fears and an emotional range that is, well, organic."-The New York Times Book Review

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Starting conversations with your child about positive mental health

Kids Interactive Daily Emotions Chart

The Same but Different

Making Minds Conscious

How Full Is Your Bucket? For Kids

Parent's Survival Guide to Starting Secondary School

From the author of How Are You Feeling Today? and Will You Be My Friend? comes a brand new picture book all about the birds and the bees (sex education). It's natural for young children to have questions about their bodies and where they came from, but it

can seem a daunting task to answer honestly so that they understand the subtleties of puberty, sex, reproduction and relationships, and are comfortable with their bodies. This books uses clear, easy to understand language to answer complex questions about sex and relationships, and covers all manner of tricky subjects from puberty to consent with delicate accuracy and honesty. Filled with bright, fun illustrations and helpful advice for parents and carers, Let's Talk About the Birds and the Bees is the perfect book for explaining the facts of life to small children.

Have you ever noticed your own feeling within a day? How many feelings do you go through all day? Which emotion happens most frequently? If you spend sometimes to observe your own feeling every day, you might be able to control it to be more beneficial. In this journal, your can fill in each color to represent each feeling. Those color will be as an index which will be used in this whole journal. By the end of each month, you can summarize your feeling which happened most in each time period.

An illustrated adaptation of the long-running bestseller How Full Is Your Bucket? (more than 400,000 copies sold) for kids — told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds. Every moment matters. Each of us has an invisible bucket. When our bucket is full, we feel great. When it’s empty, we feel awful. Yet most children (and many adults) don’t realize the importance of having a full bucket throughout the day. In How Full Is Your Bucket? For Kids, Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well. Follow along with Felix as he learns how easy it can be to fill the buckets of his classmates, teachers and family members. Before the day is over, you’ll see how Felix learns to be a great bucket filler, and in the process, discovers that filling someone else’s bucket also fills his own.

New from Molly Potter, the best-selling author of How Are You Feeling Today? We all have worries now and then, but sometimes worries can feel like they're getting bigger and bigger, like you can't control them any more. What do you do then? What's Worrying You? is a book all about helping children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings. Each page takes the child step-by-step through different worry scenarios, such as falling out with a friend, getting in trouble at school, or feeling like no one is listening. It talks about how they might feel, what they might think, and what could help them to ease the anxiety. With fun and lively illustrations from Sarah Jennings, gentle guidance on developing emotional literacy, and simple advice for tackling problems they might face, What's worrying you? is the perfect book for helping children deal with those trickier feelings and gain confidence in the world around them.

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

The Secret to Cultivating Better Friendships

Emma, Egor and Eli Learn to Sign Feelings

How Are You Feeling?: At the Centre of the Inside of the Human Brain

Understanding Emotions in Mathematical Thinking and Learning

Let's Talk About the Birds and the Bees

What I'm Feeling Is Okay!

What's Going On Inside My Head?

We all experience emotions and emotions are absolutely fine as long as we know what to do with them. Feelings arrive effortlessly enough but deciding what to do with them when they turn isn't so easy - especially when you are a child. Cue: this book! It provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all important skill of dealing with feelings. Excellent book for young readers to learn about managing their feelings, how to express their feelings in a positive way and how to improve their coping skills. Great for educators to do Read Aloud's with their students, and great for parents to read with their children. Funny, Exciting and Informative!

A story to help children aged 2 to 6 years who have lived with violence in their home.

Duck and Goose return in their third board book appearance! All the lovable characters from Duck & Goose and Duck, Duck, Goose return, this time to teach little ones about feelings. The simple text and colourful illustrations will help children to identify familiar feelings like happy, sad, scared and proud. A simple and reassuring introduction to an important concept.

For fans of unicorns, Mr. Men, and Little Miss, this book in the Little Unicorn series about coping with strong feelings offers tools to manage anger and temper tantrums--and integrates a breathing exercise right into the story. Little Unicorn's rainbow-colored mane is magic--it shifts to a single color when he's feeling a particularly strong emotion. It seems like a storm comes over him when he's angry, and his mane turns bright red. But when he repeats a special three-step breathing exercise, the clouds clear and his rainbow returns--and if he ever feels angry again, he'll know just what to do. With simple, accessible artwork and the universal character appeal of unicorns, each Little Unicorn story allows children and caregivers to talk about and work through specific moods. Other Little Unicorn books you will enjoy: Little Unicorn is Scared Little Unicorn is Sad: Coming January 2019 Little Unicorn is Shy: Coming January 2019

Emotional

Ask a Manager

What's Worrying You?

How Are You Feeling?

iGen

Permission to Feel

How Time Away from Parents Can Help a Child Grow

This exciting new book from Molly Potter addresses the perennial problem of how to prepare your child for secondary school. It's a comprehensive guide that starts with the thorny issue of choosing the 'right' school, outlines what to expect, explores all the common fears and anxieties that secondary transfer can cause and gives practical advice that can be used to support your child through this process. This survival guide will help parents/carers feel more comfortable with their child's move to secondary school.

A Book about Feelings

Too Shy for Show-and-Tell

A Woman's Guide to Living with Heart Disease

How Feelings Shape Our Thinking

The Wiggles Here to Help: How Are You Feeling, Wiggles?

What Color are You Feeling Today?

How to Stop Feeling Like Sh*t