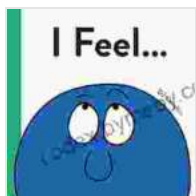


Feel: An Emotions and Feelings Book for Kids

Emotions are a big part of life, and they can be especially confusing for kids. *Feel* is a comprehensive guide to help children understand and express their emotions in a healthy way. This book is packed with interactive activities, discussion starters, and coping mechanisms that can help kids learn to manage their emotions and build emotional intelligence.



I Feel...: An Emotions and Feelings Book for Kids

by DJ Corchin

★★★★☆ 4.7 out of 5

Language : English

File size : 2984 KB

Screen Reader: Supported

Print length : 56 pages



What's inside *Feel*?

- **An overview of emotions:** What are emotions? Why do we have them? How can we identify and label our emotions?
- **Activities to help kids understand their emotions:** Drawing, writing, playing games, and more.
- **Discussion starters to help kids talk about their emotions:** What makes you happy? What makes you sad? What are you afraid of?
- **Coping mechanisms for kids who are struggling with their emotions:** How to calm down when you're angry, how to cope with sadness, and more.

***Feel* is perfect for:**

- **Parents** who want to help their children understand and express their emotions.
- **Teachers** who want to create a positive and supportive learning environment for their students.
- **Counselors** who work with children who are struggling with their emotions.
- **Anyone who works with children** and wants to help them develop emotional intelligence.

Praise for *Feel*:

“*Feel* is an invaluable resource for parents, teachers, and anyone who works with children. It provides a clear and concise overview of emotions, and it is packed with interactive activities and discussion starters that can help kids learn to understand and express their emotions in a healthy way.”

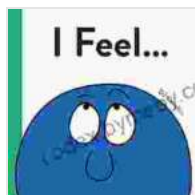
- **Dr. Jennifer Hartstein, child psychologist**

“*Feel* is a must-read for anyone who wants to help children develop emotional intelligence. It is full of practical advice and activities that can help kids learn to identify, understand, and manage their emotions.” - **Lisa Damour, author of *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood***

Free Download your copy of *Feel* today!

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