
The Feelings Book

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The Crayons' Book of Feelings
My Big Feelings
The Feel Good Book
A Book to Assist Adults in Helping Children Unpack, Understand and Manage Their Feelings and Emotions
(Kids Books About Emotions & Feelings, Children's Book Ages 2 4, Preschool, Kindergarten)

Guns, Germs, and Steel: The Fates of Human Societies (20th Anniversary Edition)

The Feelings Book

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HEIDI HINTON

The Feelings Book Journal Magination Press

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.

The Goodbye Book Abrams

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

A Book of Feelings Routledge

Kids will laugh and learn as they help Elmo calm down, be mindful, and face everyday challenges with Sesame Street's simple approach to problem-solving. An interactive picture book, Breathe, Think, Do with Elmo follows Elmo as he faces common problems that leave him feeling jealous, nervous, shy, and scared. Your young reader will be prompted to: Breathe with Elmo and Grover, taking three deep breaths to calm down Think through three possible solutions to Elmo's problems, and Do! See how each solution plays out! Introducing important emotional vocabulary, a calm breathing technique, and encouragements along the way, the book helps teach essential problem-solving skills that will serve little monsters well at daycare, school, and beyond!

Feelings Pat-a-Cake

This is the definitive box set collection all 10 titles available in the Feelings series. Helping young children develop skills to identify and manage their feelings leads to an increase in confidence, self-esteem, and an optimistic and hopeful state of mind--creating a healthy emotional foundation. Each book features a page of parents' notes written by a child psychologist.

For Younger Girls Little, Brown Books for Young Readers

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.

The Emotions Book Simon and Schuster

A simple story about a leprechaun--see where he lives, what he likes, and what happens if you catch one.

Problem Solving for Little Monsters Rockridge Press

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 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.

The Care and Keeping of Your Emotions Little, Brown Books for Young Readers

Picture book exploring the variety of emotions children experience and reassuring them that their emotions help them grow.

A Little Book about Big Feelings LB Kids

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.

Promoting Emotional Literacy Through Drawing HarperCollins

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

A Book of Feelings HarperCollins

A Washington Post Bestseller Three Principles for Managing—and Avoiding—the Problems of Growth Why is profitable growth so hard to achieve and sustain? Most executives manage their companies as if the solution to that problem lies in the external environment: find an attractive market, formulate the right strategy, win new customers. But when Bain & Company's Chris Zook and James Allen, authors of the bestselling *Profit from the Core*, researched this question, they found that when companies fail to achieve their growth targets, 90 percent of the time the root causes are internal, not external—increasing distance from the front lines, loss of accountability, proliferating processes and bureaucracy, to name only a few. What's more, companies experience a set of predictable internal crises, at predictable stages, as they grow. Even for healthy companies, these crises, if not managed properly, stifle the ability to grow further—and can actively lead to decline. The key insight from Zook and Allen's research is that managing these choke points requires a “founder's mentality”—behaviors typically embodied by a bold, ambitious founder—to restore speed, focus, and connection to customers:

- An insurgent's clear mission and purpose
- An unambiguous owner mindset
- A relentless obsession with the front line

Based on the authors' decade-long study of companies in more than forty countries, *The Founder's Mentality* demonstrates the strong relationship between these three traits in companies of all kinds—not just start-ups—and their ability

to sustain performance. Through rich analysis and inspiring examples, this book shows how any leader—not only a founder—can instill and leverage a founder’s mentality throughout their organization and find lasting, profitable growth.

The Feelings Book American Girl

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. "Visiting Feelings" invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Includes a "Note to Parents."

In My Heart Feelings

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!

Feelings Simon and Schuster

Help kids get through big feelings with mindfulness activities for ages 5 to 7 It's normal for kids to experience feelings so big that they're hard to manage! This book is filled with engaging exercises that show kids how to use mindfulness to work through tough emotions and feel happier fast. What sets this book apart from other feelings books for children: 4 big feelings--Kids will learn how to handle anger, excitement, anxiety, and sadness with helpful mindfulness activities. Different ways to find calm--This book offers a mix of peaceful exercises that encourage kids either to move their body or pause and breathe. Strategies for kids--Discover beginner-friendly activities with colorful pictures and clear instructions that make it easy for kids ages 5 to 7 to practice mindfulness. Give little ones the tools they need to manage big feelings with this top choice in emotion books for kids.

Big Feelings W. W. Norton & Company

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.

A First Book of Emotions Tiger Tales

This classic picture book from beloved author-illustrator Aiki 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 Aiki 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 Aiki's catalog of feelings, be they happy, sad, or somewhere in between." —Booklist "A delightful book." —New York Times Book Review

A Kids' Guide to Understanding and Expressing Themselves Althea Press

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

The I LOVE YOU Book Parenting Press, Inc.

In illustrations and audio, Parr enumerates a number of different things that are okay, such as "It's okay to be short" and "It's okay to dream big". Full color.

Visiting Feelings Rubys Studio

"Fascinating.... Lays a foundation for understanding human history."—Bill Gates In this "artful, informative, and delightful" (William H. McNeill, New York Review of Books) book, Jared Diamond convincingly argues that geographical and environmental factors shaped the modern world. Societies that had had a head start in food production advanced beyond the hunter-gatherer stage, and then developed religion --as well as nasty germs and potent weapons of war --and adventured on sea and land to conquer and decimate preliterate cultures. A major advance in our understanding of human societies, Guns, Germs, and Steel chronicles the way that the modern world came to be and stunningly dismantles racially based theories of human history. Winner of the Pulitzer Prize, the Phi Beta Kappa Award in Science, the Rhone-Poulenc Prize, and the Commonwealth club of California's Gold Medal.

The Way I Feel Penguin

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.

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