



## F is for Feelings

By Goldie Millar, Lisa Berger

Free Spirit Publishing Inc., U.S., United States, 2014. Paperback. Book Condition: New. 282 x 226 mm. Language: English . Brand New Book. Young children often need help learning and practicing their "feelings words" so they can express themselves well. When children learn from an early age to share their feelings in clear and healthy ways, they are more likely to grow into adults who feel capable of handling life's challenges. Friendly and positive, this picture book uses an alphabet-book format to share and reinforce emotional language and the ideas that while some feelings are more comfortable than others, all emotions are natural and important. Charming, colorful illustrations accompany the sweet and simple text. A section in the back provides tips and activities for parents and caregivers to reinforce the themes and lessons of the book.



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