



Maya's BIG Feelings

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Feelings Story For Kids

Hunter, Jana Novotny, Sue Porter



Feelings Story For Kids:

The Story of My Feelings Laurie Berkner, 2007 Kids will read and sing along as feelings come to life in *The Story of My Feelings* Growing up is a tough job and it is important to embrace laughing sighing crying and yelling Fun and engaging illustrations by Caroline Jayne Church accompany the lyrics and add a vibrancy to the CD You know you ll feel better after you read and sing *The Story of My Feelings* *RUBY'S FEELINGS PARADE: Marching Through Mad, Sad, and Glad* pc, 2025-11-24 RUBY S FEELINGS PARADE Marching Through Mad Sad and Glad Ages 3 5 Bedtime Stories for Emotional Growth Join Ruby the rabbit as she leads a magnificent parade celebrating ALL her feelings in this colorful heartwarming tale perfect for little ones learning to accept their emotional spectrum When Ruby s birthday decorations blow away in the wind her mad sad and glad feelings all want to march at once With the help of wise Mrs Owl Ruby discovers that every emotion deserves celebration in her very own Feelings Parade This beautifully illustrated story teaches children that having big feelings isn t something to fear it s something to honor and understand Perfect for parents seeking Emotional acceptance stories that validate ALL feelings as normal Celebration of emotional diversity rather than suppression Relatable characters who experience intense emotions Fun memorable ways to identify and honor different feelings Children will learn How to acknowledge and accept mad sad and glad feelings Creative visualization techniques for emotional processing The importance of gratitude even during difficult times How all emotions can coexist and be celebrated together This vibrant story includes Colorful parade imagery with distinct emotional floats Simple engaging text perfect for emotional conversations Proven techniques for emotional awareness and acceptance A joyful character who models healthy emotional expression Ideal for Ages 4 5 Preschool Kindergarten Toddler Bedtime Storytime Emotional Learning Feelings Big Emotions Emotional Acceptance Self Awareness Parenting Child Development Rabbit Stories Emotional Intelligence Mindfulness Feelings Identification Social Skills Parade Stories Celebration Emotional Diversity Mental Health Awareness Teach your child that every feeling has value with Ruby s joyful celebration of emotional authenticity A beautiful reminder that having big feelings makes you wonderfully uniquely yourself Scroll up and join the Feelings Parade today all emotions welcome feelings books for kids children s books ages 3 5 emotional regulation bedtime stories emotions books for children feelings identification emotional acceptance rabbit stories big emotions toddler books preschool books emotional intelligence coping skills for children mindfulness for kids self awareness for children parenting resources character education social emotional learning SEL books sleep stories picture books read aloud books emotional growth childhood development parade books for kids celebration stories emotional diversity mental health books for kids feelings and emotions bedtime reading storytime books children s mental health growth mindset emotional expression validating feelings all emotions welcome Children s Bedtime Books Children s Self Esteem Books Children s Social Skills Books Children s Family Life Books Children s Growing Up Books Children s Animals Books [Learning about Feelings with a Unicorn](#) Steve Herman, 2020-04-17 A Cute and Fun

Story to Teach Kids about Emotions and Feelings **My Big Feelings Book** Emily Hartmann,2025-10-12 Why do I feel like I might EXPLODE over a little smudge Wiggly s bouncing blurring and bursting through this book and when a single smudge appears everything spirals into chaos Sorry Griddy But with a little help from calm and caring Dotty and a clever trick called Feel Name Frame Wiggly learns how to handle those out of control feelings Instead of melting down he learns to slow down Instead of yelling he learns to name what he feels And instead of staying stuck he learns how to frame a new choice It s not about being perfect it s about pausing long enough to find calm again This interactive laugh out loud story helps kids Recognize big emotions like anger frustration and overwhelm Practice a fun memorable emotional regulation tool Feel Name Frame Understand that everyone has meltdowns sometimes and that s okay Feel confident about pausing breathing and trying again Perfect for preschoolers kindergarteners and little ones ages 2 6 who feel BIG feelings If you re looking for a Social Emotional Book for Kids an Emotions and Big Feelings Book for Children or an Impulse Control Management Book for Kids this is the one to grab What parents are saying Finally a feelings book my child actually loves The Feel Name Frame tool is pure gold Jessica My daughter now says I can frame it when she s upset It works Luis Add My Big Feelings Book to your cart today and help your child turn meltdowns into moments of growth *My Feelings Make Me Stronger* Elizabeth Cole,2024-01-10 Finding the right kid s books about emotions and feelings can be a challenge This kids book provides multiple story points to help develop emotional intelligence for kids This book of feelings for children delivers an engaging and educational story The book about emotions for kids starts with little Nick not recognizing his emotions Then several animals help him see the bigger picture of his mental health and emotions as the children s story progresses In this kids book about emotions he is experiencing frustration fear worry shyness happiness sadness and angry feelings Throughout the children book on emotions the story covers these in a fun way kids can relate to This social emotional book for kids is meant to be read to and with children The feelings book for kids contains beautiful illustrations easy to follow text and a rhyming scheme that s easy for new readers to follow Helps kids identify emotion Teaches mindfulness Inspires self regulation Address anger management Helps with emotional regulation for kids The children s book refers to animal characters to convey social emotional learning for kids including preschoolers The preschool book on feelings is part of the larger World of Kids Emotions series that addresses feelings and emotions for kids Add this feelings book for kids to your child s library today

The Feelings Friends Calm Down Together Anna Lee,2026-01-21 Big feelings can feel hard but children don t have to face them alone The Feelings Friends Calm Down Together is a warm and gentle picture book for children ages 3 7 designed to help young readers understand their emotions and learn simple ways to calm their bodies When the classroom feels loud and overwhelming Milo Zoe Leo and Ava notice their big feelings Together they pause breathe slow down and support one another Through short easy to follow sentences and bright friendly illustrations children learn that calming down is something they can do and that asking for help is okay This book is perfect for Teaching emotional regulation in a simple

child friendly way Supporting social emotional learning SEL at home or in the classroom Helping children learn to pause breathe and calm their bodies Preschool kindergarten and early elementary readers With minimal text gentle repetition and a safe reassuring tone The Feelings Friends Calm Down Together is ideal for read aloud time bedtime routines and classroom SEL lessons A comforting story that reminds children Big feelings come and go and we can calm down together

Children's Understanding of Emotion Carolyn Saarni, Paul L. Harris, 1989 This volume assembles the most recent thinking and empirical research from key theorists and researchers on how children from preschool through early adolescence make sense of their own and others emotional experience Contributors discuss the control of emotion the role of culture empathic experience and the emerging theory of mind that is implicit in children's views of emotion Annotation copyrighted by Book News Inc Portland OR

The Color Monster Anna Llenas, 2018-09-04 Unpack feelings using color with this bestselling character who helps young readers identify emotions and feel more in control One day Color Monster wakes up feeling very confused His emotions are all over the place he feels angry happy calm sad and scared all at once To help him a little girl shows him what each feeling means through color As this adorable monster learns to sort and define his mixed up emotions he gains self awareness and peace as a result Everyone will enjoy sharing this concept book that taps into both socio emotional growth and color concepts in a simple friendly way Perfect for Reading to children who have strong emotions Starting conversations about feelings Introducing color concepts Inspiring art activities using colors with emotions themes Counselors therapists social workers and caregivers of all kinds Read all three books about The Color Monster The Color Monster The Color Monster Goes to School Dr Color Monster and the Emotions Toolkit

I Have Feelings Hunter, Jana Novotny, Sue Porter, 2002 In simple lines of text seen and told from a child's perspective the adorable star of I Have Feelings takes us through the everyday emotions of childhood From happiness to fear from anger to kindness from jealousy to love the everyday feelings all kids experience are delightfully explored in this inventive and engaging picture book with broad appeal for nursery and early years education and story hour use Brimming with vibrant kid friendly artwork here's a book children will ask for again and again

My Big Feelings Sarah Read, 2021-05-05 Why do we have feelings A fun and charming story that allows readers to start a conversation on how to recognise their own body sensations and feelings Helping kids understand their bodies Learning signals indicating what their body is experiencing Teaching the kids about senses Helping kids identify and express feelings Our body is our friend Any 3 5 year old learning to talk about feelings will find much to connect to in this cute children's book Erika As a preschool teacher this is one of my favorite books for young children Lindsey This book is wonderful if you are having discussions with your children about feelings and body sensations Liz Absolutely loved this book I got it for my grandkids who are 2 and 5 years old Jane This story is geared to kids ages 3 5 Perfect for boys girls preschool pre K and Kindergarten Excellent resource for counselors parents and teachers Purchase a paperback copy with COLORING PAGES Add this children's book to your cart now and enjoy

The Boy Who Drummed

His Feelings Fizza Masood,2025-10-07 Give your child the language to understand their big complicated feelings When Kofi is given a magical drum he discovers that every beat of anger joy or sadness makes a mysterious seed grow into a tree mirroring the tangled forest of feelings inside him This lyrical and beautifully illustrated story teaches children that every emotion has a purpose This book is an essential tool to help your child Understand that all feelings are okay and necessary for growth Build emotional intelligence and resilience Open up gentle family conversations about difficult emotions Develop a growth mindset through the power of Social Emotional Learning SEL An unforgettable story for any child learning to navigate their inner world

Feelings in My Bubble Jar Bibi Khan,2025-11-09 Feelings in My Bubble Jar is a gentle story for kids ages 3 7 It helps children notice and name their feelings using simple words and soft art The book shows each feeling as a bubble short lived and full of meaning This story builds emotional skills kindness and calm thinking Kids may feel happy sad or silly This book helps them hold space for each feeling with care Great for bedtime school or therapy Grows empathy and emotional skills Uses simple words to build self awareness Let your child explore their feelings one bubble at a time

Color Me Happy, Color Me Sad Agnes Green,2021-10 Happy feels yellow Courage is black Blue is for Sadness Green is calm Pride is purple Anger feels red Excitement feels orange Quiet is grey Pink feels like Love This book could be a perfect conversation starter when you want to discuss feelings with your little one It is written in verse and is easy to read and understand for children ages 3 to 7 years old It helps us to recognize the feelings we have to notice them in time and accept them Read this book and try to color the feelings inside you

Things That Makes Me Happy Sarah Mazor,Btween Animation,2014-04-07 The children in Miss Happy Morejoy s preschool class were surprised one morning when their beloved teacher arrived looking sad The kids found out why Miss Happy s smile was missing and they were saddened too But then they reminded her of the power of happy To chase away the blues Miss Happy and her preschoolers played the happy game a fun and engaging activity that lifted everyone s spirit Read Things that Make Me Happy to or with your children and infuse happiness into their lives Happy children do better socially and academically and generally also feel better about themselves Happiness is an emotional and mental state of well being that promotes positive energy and contributes to feelings of self worth and self confidence Life however is not always cheery and fun Things happen that sadden us adults and children alike And it is okay to be sad and even healthy to cry and allow time for sadness so long as it is not for a prolonged period of time When sadness lasts too long we must do something about it There are different ways to cheer ourselves and others and it is a good idea to do so One of the most effective methods to cure the blues a technique that works for all age groups is thinking happy thoughts and then vocally expressing the happy thoughts In Things that Make Me Happy preschool kids chase sadness away with happy thoughts they say out loud

CALM DOWN, BENNY! Learning to Tame the Big Feelings: Ages 4-5 | Bedtime Stories for Emotional Growth pc,2025-11-24 CALM DOWN BENNY Learning to Tame the Big Feelings Ages 4 5 Bedtime Stories for Emotional Growth Join Benny the baby elephant on his heartwarming journey to master big emotions in

this beautifully illustrated bedtime story perfect for toddlers and preschoolers When Benny s feelings grow too big to handle he discovers special calming techniques that help him feel safe and secure This gentle tale follows our lovable elephant friend as he learns to tame overwhelming emotions with the help of his wise mama and the magical calm down stone Perfect for parents seeking Soothing bedtime stories that promote peaceful sleep Emotional regulation techniques for young children Relatable characters dealing with real feelings Gentle coping strategies for sensitive little ones Children will learn Belly breathing exercises for instant calm Counting techniques to manage overwhelm The power of comfort objects for security How to ask for help when feelings get too big This adorable story includes Beautiful engaging illustrations on every page Simple rhyming text perfect for read aloud sessions Proven calming techniques backed by child psychology A lovable character kids can relate to and love Ideal for Ages 4 5 Preschool Kindergarten Toddler Bedtime Storytime Emotional Learning Feelings Anxiety Big Emotions Calming Self Regulation Parenting Child Development Make bedtime peaceful and help your child develop lifelong emotional skills with this enchanting tale of Benny s journey to tame his big feelings A must have addition to every family s emotional learning library Scroll up and grab your copy today your child s emotional toolkit starts here

Stories for Feelings for Children the Illustrated Edition Hilary Hawkes,2015-03-27 Illustrated edition Winner of the prestigious MOM S CHOICE SILVER AWARD A collection of colour illustrated short stories that can help children explore different feelings thoughts and emotions in themselves or others The stories can be read to children on a one to one basis with or to a group or class or read by older children themselves Thought provoking positive and nurturing messages are contained in the stories which can be talked about and explored after sharing Themes include dealing with loss feeling excluded worries and anxieties not bottling things up and being yourself Stories for Feelings for children can be used in school at home or by play therapists counsellors etc working with children guide only aged at least six seven to twelve The stories in this edition are accompanied b colour illustrations The book contains exactly the same seven stories as the non illustrated version To see some of the illustrations inside the book see StoryShop on Strawberry Jam Books website <http://strawberryjambooksstoryshop.blogspot.co.uk> a modern day Aesop s Fables designed to help children realize that they re not the only ones who have feelings and provides examples of how to cope with them This collection is upbeat and filled with easily accessible tales that are neither preachy nor didactic highly recommended Jack Magnus Readers Favorite Part of the Story Therapy series and a Strawberry Jam Books title Strawberry Jam Books produce stories and fun resources for children from preschool to 12 that promote kindness friendship acceptance of differences or disabilities and understanding of ourselves and others www.hilaryhawkes.co.uk/strawberryjambooks

How Is My Body Feeling Sarah Read,2020-06-21 Why do we have feelings A fun and charming story that allows readers to start a conversation on how to recognise their own body sensations and feelings Helping kids understand their bodies Learning signals indicating what their body is experiencing Teaching the kids about senses Helping kids identify and express feelings Our body is our friend Any 3 5 year

old learning to talk about feelings will find much to connect to in this cute children's book Erika As a preschool teacher this is one of my favorite books for young children Lindsey This book is wonderful if you are having discussions with your children about feelings and body sensations Liz Absolutely loved this book I got it for my grandkids who are 2 and 5 years old Jane This story is geared to kids ages 3-5 Perfect for boys girls preschool pre-K and Kindergarten Excellent resource for counselors parents and teachers Purchase a paperback copy with COLORING PAGES Add this children's book to your cart now and enjoy [101 Healing Stories for Kids and Teens](#) George W. Burns,2005 George W Burns guides the reader through the effective therapeutic process of storytelling with children and teens He provides pragmatic advice on presenting oral visual and play based metaphors in therapy and offers techniques for creating your own healing stories for children and adolescents [When Feelings Get Noisy](#) Joel Manuel,2025-11-29 When feelings get loud kids can learn to find their calm When Feelings Get Noisy is a gentle reassuring picture book that helps children understand big emotions and teaches simple effective calm down strategies Perfect for ages 3-8 this beautifully illustrated story shows young readers that everyone has loud feelings sometimes and that they have the power to turn them into quiet peaceful ones Follow a young child through a day filled with swirling emotions frustration worry excitement and overwhelm With the help of belly breaths imagination positive support and a cozy calm down space the child discovers how to slow down feel safe and find their calm again

Growing Feelings Dr. Eileen Kennedy-Moore,Christine McLaughlin,2023-07-11 Children's biggest emotions often come up about friends and other kids In this funny and useful book authors Eileen Kennedy Moore and Christine McLaughlin help kids understand and cope with feelings in ways that build strong friendships 2023 NATIONAL PARENTING PRODUCT AWARDS WINNER Everyone likes the idea of best friends forever but friendships can be complicated and they often involve dealing with difficult feelings Almost all children have experienced feeling shy at a party where they don't know anyone furious during an argument with a friend or sad when a friend moves away Because kids care a lot about friends they often have big emotional responses about them This entertaining and empowering book addresses a wide range of feelings children have about friends and other kids including worry guilt jealousy compassion and gratitude Through relatable cartoon stories practical research based coping strategies plus silly commentary from a cat and dog who have their own questionable ideas about what might help kids get a hands on approach that they can put into practice Child psychologist Eileen Kennedy Moore and parenting and health writer Christine McLaughlin show kids how to recognize the Feelings Story behind common friendship rough spots demonstrating the links between events thoughts emotions actions and social reactions through the situational cartoons so children can clearly see how their reactions fuel or resolve relationship problems And going far beyond a simplistic and unrealistic don't worry be happy think positive only approach *Growing Feelings* offers a nuanced perspective on feelings about friends It emphasizes that all emotions are useful and guides children in how to empathize with others reactions as well as how to understand manage and communicate in healthy ways

about their own feelings Caring friendships are a protective factor for children s mental health Giving kids the tools they need to deal with the feelings about friends is a powerful step toward protecting and improving their well being

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Table of Contents Feelings Story For Kids

1. Understanding the eBook Feelings Story For Kids
 - The Rise of Digital Reading Feelings Story For Kids
 - Advantages of eBooks Over Traditional Books
2. Identifying Feelings Story For Kids
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Feelings Story For Kids
 - User-Friendly Interface
4. Exploring eBook Recommendations from Feelings Story For Kids
 - Personalized Recommendations
 - Feelings Story For Kids User Reviews and Ratings
 - Feelings Story For Kids and Bestseller Lists

5. Accessing Feelings Story For Kids Free and Paid eBooks
 - Feelings Story For Kids Public Domain eBooks
 - Feelings Story For Kids eBook Subscription Services
 - Feelings Story For Kids Budget-Friendly Options
6. Navigating Feelings Story For Kids eBook Formats
 - ePub, PDF, MOBI, and More
 - Feelings Story For Kids Compatibility with Devices
 - Feelings Story For Kids Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Feelings Story For Kids
 - Highlighting and Note-Taking Feelings Story For Kids
 - Interactive Elements Feelings Story For Kids
8. Staying Engaged with Feelings Story For Kids
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Feelings Story For Kids
9. Balancing eBooks and Physical Books Feelings Story For Kids
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Feelings Story For Kids
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Feelings Story For Kids
 - Setting Reading Goals Feelings Story For Kids
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Feelings Story For Kids
 - Fact-Checking eBook Content of Feelings Story For Kids
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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