

THE WAY I FEEL BOOK

THE WAY I FEEL BOOK IS AN ACCLAIMED CHILDREN'S PICTURE BOOK THAT HAS CAPTIVATED PARENTS, EDUCATORS, AND YOUNG READERS FOR YEARS. THIS ARTICLE PROVIDES A COMPREHENSIVE LOOK AT "THE WAY I FEEL," COVERING ITS CORE THEMES, EDUCATIONAL VALUE, AND WHY IT IS CONSIDERED AN ESSENTIAL RESOURCE FOR EMOTIONAL LITERACY. READERS WILL DISCOVER THE CREATIVE VISION BEHIND THE BOOK, ITS AUTHOR AND ILLUSTRATOR, AND HOW IT SUPPORTS CHILDREN'S EMOTIONAL DEVELOPMENT. WE'LL ALSO EXPLORE PRACTICAL WAYS TO USE THE BOOK AT HOME AND IN CLASSROOMS, ITS IMPACT ON SOCIAL-EMOTIONAL LEARNING, AND ITS RECEPTION BY CRITICS AND FAMILIES. WHETHER YOU'RE A PARENT, TEACHER, OR LIBRARIAN, THIS GUIDE OFFERS A DEEP DIVE INTO EVERYTHING YOU NEED TO KNOW ABOUT "THE WAY I FEEL BOOK" AND WHY IT REMAINS A STAPLE IN CHILDREN'S LITERATURE.

- OVERVIEW OF "THE WAY I FEEL" BOOK
- THE AUTHOR AND ILLUSTRATOR
- KEY THEMES AND MESSAGES
- EDUCATIONAL VALUE AND EMOTIONAL LEARNING
- HOW TO USE "THE WAY I FEEL" WITH CHILDREN
- RECEPTION AND CRITICAL ACCLAIM
- WHY "THE WAY I FEEL" STANDS OUT
- FREQUENTLY ASKED QUESTIONS

OVERVIEW OF "THE WAY I FEEL" BOOK

"THE WAY I FEEL" IS A POPULAR CHILDREN'S PICTURE BOOK DESIGNED TO HELP YOUNG READERS RECOGNIZE AND EXPRESS THEIR FEELINGS. WRITTEN IN SIMPLE, RHYTHMIC LANGUAGE AND ACCOMPANIED BY VIBRANT ILLUSTRATIONS, THE BOOK INTRODUCES A WIDE RANGE OF EMOTIONS SUCH AS HAPPINESS, ANGER, SADNESS, AND FEAR. EACH PAGE USES AGE-APPROPRIATE DESCRIPTIONS AND RELATABLE SCENARIOS, MAKING IT EASY FOR CHILDREN TO CONNECT WITH THE EMOTIONS BEING DEPICTED. THE BOOK'S ACCESSIBLE FORMAT AND CLEAR LANGUAGE MAKE IT IDEAL FOR PRESCHOOLERS AND EARLY ELEMENTARY STUDENTS, SERVING AS A GENTLE INTRODUCTION TO SOCIAL-EMOTIONAL DEVELOPMENT. BY NORMALIZING FEELINGS AND PROVIDING VOCABULARY FOR EXPRESSION, "THE WAY I FEEL BOOK" EMPOWERS CHILDREN TO UNDERSTAND AND COMMUNICATE THEIR EMOTIONS EFFECTIVELY.

THE AUTHOR AND ILLUSTRATOR

MEET JANAN CAIN

JANAN CAIN IS THE CREATIVE MIND BEHIND "THE WAY I FEEL BOOK." AS BOTH THE AUTHOR AND ILLUSTRATOR, CAIN BRINGS A UNIQUE PERSPECTIVE TO THE SUBJECT OF EMOTIONAL LITERACY. HER BACKGROUND IN GRAPHIC DESIGN AND HER PASSION FOR CHILDREN'S EDUCATION ARE EVIDENT IN EVERY PAGE. CAIN'S ENGAGING WRITING STYLE AND COLORFUL ARTWORK MAKE COMPLEX EMOTIONAL CONCEPTS ACCESSIBLE TO YOUNG READERS. HER COMMITMENT TO HELPING CHILDREN DEVELOP HEALTHY EMOTIONAL HABITS HAS EARNED HER RECOGNITION AMONG EDUCATORS AND PARENTS ALIKE.

ARTISTIC APPROACH AND STYLE

THE ILLUSTRATIONS IN "THE WAY I FEEL BOOK" USE BOLD COLORS, EXPRESSIVE CHARACTERS, AND DYNAMIC SCENES TO VISUALLY REPRESENT DIFFERENT EMOTIONS. EACH EMOTION IS PAIRED WITH A DISTINCT COLOR PALETTE AND VISUAL MOTIF, REINFORCING THE FEELINGS DESCRIBED IN THE TEXT. THIS ARTISTIC APPROACH NOT ONLY CAPTURES CHILDREN'S ATTENTION BUT ALSO HELPS THEM ASSOCIATE COLORS AND EXPRESSIONS WITH SPECIFIC EMOTIONS, DEEPENING THEIR UNDERSTANDING AND RETENTION.

KEY THEMES AND MESSAGES

UNDERSTANDING AND NAMING EMOTIONS

AT ITS CORE, "THE WAY I FEEL BOOK" FOCUSES ON HELPING CHILDREN IDENTIFY AND LABEL THEIR FEELINGS. BY PRESENTING A VARIETY OF EMOTIONS—SUCH AS PROUD, SCARED, SILLY, AND DISAPPOINTED—THE BOOK PROVIDES LANGUAGE CHILDREN CAN USE TO DESCRIBE THEIR OWN EXPERIENCES. THIS PRACTICE IS FOUNDATIONAL FOR EMOTIONAL INTELLIGENCE, TEACHING CHILDREN THAT ALL FEELINGS ARE VALID AND PART OF BEING HUMAN.

NORMALIZING EMOTIONAL EXPRESSION

THE BOOK EMPHASIZES THAT EMOTIONS ARE NATURAL AND EVERYONE EXPERIENCES THEM. IT REASSURES CHILDREN THAT IT'S OKAY TO FEEL ANGRY, SAD, OR EXCITED, AND THAT THESE EMOTIONS COME AND GO. BY NORMALIZING A SPECTRUM OF FEELINGS, "THE WAY I FEEL BOOK" REDUCES STIGMA AND ENCOURAGES OPENNESS ABOUT EMOTIONAL STATES.

BUILDING EMPATHY AND UNDERSTANDING

THROUGH ITS RELATABLE SCENARIOS, THE BOOK FOSTERS EMPATHY BY HELPING CHILDREN RECOGNIZE EMOTIONS IN THEMSELVES AND OTHERS. THIS AWARENESS CAN LEAD TO GREATER KINDNESS, PATIENCE, AND UNDERSTANDING IN SOCIAL INTERACTIONS. THE WAY EMOTIONS ARE DEPICTED—THROUGH BOTH WORDS AND ILLUSTRATIONS—PROMOTES COMPASSION AND EMOTIONAL AWARENESS.

EDUCATIONAL VALUE AND EMOTIONAL LEARNING

SUPPORTING SOCIAL-EMOTIONAL DEVELOPMENT

"THE WAY I FEEL BOOK" IS WIDELY USED AS A TOOL FOR TEACHING SOCIAL-EMOTIONAL LEARNING (SEL) IN EARLY CHILDHOOD EDUCATION. ITS STRAIGHTFORWARD APPROACH TO EMOTIONAL VOCABULARY SUPPORTS CHILDREN IN ARTICULATING THEIR FEELINGS, WHICH IS CRUCIAL FOR HEALTHY COMMUNICATION AND SELF-REGULATION. EDUCATORS AND THERAPISTS OFTEN INCORPORATE THE BOOK INTO LESSON PLANS OR COUNSELING SESSIONS TO FACILITATE DISCUSSIONS ABOUT FEELINGS AND APPROPRIATE RESPONSES.

CLASSROOM AND HOME APPLICATIONS

THE BOOK'S VERSATILITY MAKES IT SUITABLE FOR A VARIETY OF EDUCATIONAL SETTINGS. TEACHERS CAN USE IT TO INTRODUCE SEL CONCEPTS, PROMPT GROUP DISCUSSIONS, OR AS A FOUNDATION FOR CREATIVE ACTIVITIES LIKE DRAWING OR

ROLE-PLAYING. PARENTS FIND IT HELPFUL FOR BEDTIME READING, ESPECIALLY DURING TIMES OF CHANGE OR STRESS, TO OPEN UP CONVERSATIONS ABOUT EMOTIONS AT HOME.

- IMPROVES EMOTIONAL VOCABULARY
- PROMOTES SELF-AWARENESS AND EMPATHY
- FOSTERS POSITIVE COMMUNICATION SKILLS
- PROVIDES STRATEGIES FOR MANAGING STRONG FEELINGS
- SERVES AS A SPRINGBOARD FOR DEEPER SEL ACTIVITIES

HOW TO USE "THE WAY I FEEL" WITH CHILDREN

READING ALOUD AND DISCUSSION

READING "THE WAY I FEEL BOOK" ALOUD PROVIDES OPPORTUNITIES FOR CHILDREN TO HEAR AND SEE EMOTIONS BEING NAMED AND EXPLAINED. ADULTS CAN PAUSE THROUGHOUT THE BOOK TO ASK QUESTIONS, ENCOURAGE CHILDREN TO SHARE THEIR OWN EXPERIENCES, AND DISCUSS WHAT EACH EMOTION FEELS LIKE. THIS INTERACTIVE APPROACH HELPS REINFORCE THE LESSONS AND BUILDS TRUST BETWEEN CHILDREN AND CAREGIVERS.

ACTIVITY AND LESSON IDEAS

EDUCATORS AND PARENTS CAN EXTEND THE LEARNING BY INCORPORATING ACTIVITIES THAT BUILD ON THE BOOK'S THEMES. FOR EXAMPLE, DRAWING OR ACTING OUT EMOTIONS, CREATING EMOTION CARDS, OR KEEPING A FEELINGS JOURNAL ARE EFFECTIVE WAYS TO HELP CHILDREN APPLY WHAT THEY'VE LEARNED. THESE ACTIVITIES MAKE THE ABSTRACT CONCEPT OF EMOTIONS TANGIBLE AND MEMORABLE.

SUPPORTING CHILDREN WITH SPECIAL NEEDS

"THE WAY I FEEL BOOK" IS ALSO VALUED AS A RESOURCE FOR CHILDREN WITH SPECIAL NEEDS, INCLUDING THOSE ON THE AUTISM SPECTRUM OR WITH LANGUAGE DELAYS. ITS VISUAL CUES AND SIMPLE LANGUAGE MAKE EMOTIONAL CONCEPTS MORE ACCESSIBLE, WHILE REPEATED READINGS CAN REINFORCE UNDERSTANDING AND RETENTION. THE BOOK'S STRUCTURE LENDS ITSELF TO INDIVIDUALIZED INSTRUCTION AND THERAPEUTIC USE.

RECEPTION AND CRITICAL ACCLAIM

ENDORSEMENTS FROM EDUCATORS AND PARENTS

SINCE ITS PUBLICATION, "THE WAY I FEEL BOOK" HAS EARNED PRAISE FROM TEACHERS, PARENTS, COUNSELORS, AND EARLY CHILDHOOD SPECIALISTS. MANY HIGHLIGHT ITS EFFECTIVENESS IN OPENING UP CONVERSATIONS ABOUT EMOTIONS THAT CHILDREN MIGHT OTHERWISE STRUGGLE TO ARTICULATE. THE BOOK IS OFTEN RECOMMENDED AS A MUST-HAVE FOR PRESCHOOL CLASSROOMS, THERAPY OFFICES, AND HOME LIBRARIES.

AWARDS AND RECOGNITIONS

THE BOOK HAS RECEIVED SEVERAL ACCOLADES FOR ITS CONTRIBUTION TO CHILDREN'S LITERATURE AND EMOTIONAL EDUCATION. ITS WIDESPREAD USE IN EARLY CHILDHOOD PROGRAMS AND ITS POSITIVE REVIEWS FROM EDUCATORS AND REVIEWERS UNDERSCORE ITS LASTING VALUE. THE ENGAGING ILLUSTRATIONS AND ACCESSIBLE WRITING STYLE ARE FREQUENTLY CITED AS KEY STRENGTHS.

WHY "THE WAY I FEEL" STANDS OUT

UNIQUE FEATURES

SEVERAL FEATURES DISTINGUISH "THE WAY I FEEL BOOK" FROM OTHER CHILDREN'S BOOKS ABOUT EMOTIONS. THE COMBINATION OF EXPRESSIVE, VIBRANT ILLUSTRATIONS AND RHYTHMIC, RELATABLE TEXT MAKES IT ESPECIALLY APPEALING TO YOUNG READERS. ITS COMPREHENSIVE APPROACH COVERS BOTH POSITIVE AND CHALLENGING EMOTIONS, ENSURING CHILDREN FEEL SEEN AND UNDERSTOOD REGARDLESS OF THEIR MOOD.

LONGEVITY AND IMPACT

OVER THE YEARS, "THE WAY I FEEL BOOK" HAS REMAINED A TRUSTED RESOURCE FOR PARENTS AND EDUCATORS SEEKING TO NURTURE EMOTIONAL INTELLIGENCE IN CHILDREN. ITS ONGOING POPULARITY SPEAKS TO ITS EFFECTIVENESS AND THE UNIVERSAL NEED FOR RESOURCES THAT ADDRESS EMOTIONAL GROWTH AT AN EARLY AGE. THE BOOK'S INFLUENCE CAN BE SEEN IN THE MANY SCHOOLS AND PROGRAMS THAT HAVE ADOPTED IT AS PART OF THEIR EMOTIONAL LITERACY CURRICULUM.

FREQUENTLY ASKED QUESTIONS

Q: WHAT IS "THE WAY I FEEL BOOK" ABOUT?

A: "THE WAY I FEEL" IS A CHILDREN'S BOOK THAT INTRODUCES A VARIETY OF EMOTIONS THROUGH SIMPLE LANGUAGE AND VIVID ILLUSTRATIONS, HELPING YOUNG READERS RECOGNIZE, NAME, AND UNDERSTAND THEIR FEELINGS.

Q: WHO IS THE AUTHOR OF "THE WAY I FEEL BOOK"?

A: JANAN CAIN IS BOTH THE AUTHOR AND ILLUSTRATOR OF "THE WAY I FEEL BOOK," COMBINING HER SKILLS IN WRITING AND ART TO CREATE AN ACCESSIBLE RESOURCE FOR EMOTIONAL LITERACY.

Q: WHAT AGE GROUP IS "THE WAY I FEEL BOOK" BEST SUITED FOR?

A: THE BOOK IS IDEAL FOR PRESCHOOLERS AND EARLY ELEMENTARY STUDENTS, TYPICALLY RANGING FROM AGES 3 TO 8, BUT IT CAN BE HELPFUL FOR OLDER CHILDREN WHO ARE DEVELOPING EMOTIONAL VOCABULARY.

Q: HOW CAN PARENTS USE "THE WAY I FEEL BOOK" AT HOME?

A: PARENTS CAN READ THE BOOK ALOUD WITH THEIR CHILDREN, DISCUSS THE DIFFERENT EMOTIONS PRESENTED, AND USE THE CONTENT AS A STARTING POINT FOR CONVERSATIONS ABOUT FEELINGS IN DAILY LIFE.

Q: WHY IS "THE WAY I FEEL BOOK" IMPORTANT FOR EMOTIONAL DEVELOPMENT?

A: THE BOOK PROVIDES CHILDREN WITH THE LANGUAGE AND CONFIDENCE TO EXPRESS THEIR FEELINGS, SUPPORTING EMOTIONAL INTELLIGENCE, SELF-AWARENESS, AND HEALTHY COMMUNICATION.

Q: ARE THERE ACTIVITIES TO ACCOMPANY "THE WAY I FEEL BOOK"?

A: YES, ADULTS CAN EXTEND LEARNING BY CREATING EMOTION CARDS, DRAWING FEELINGS, ROLE-PLAYING, OR KEEPING A FEELINGS JOURNAL TO REINFORCE THE BOOK'S LESSONS.

Q: HAS "THE WAY I FEEL BOOK" RECEIVED ANY AWARDS?

A: THE BOOK HAS BEEN RECOGNIZED BY EDUCATORS AND ORGANIZATIONS FOR ITS CONTRIBUTION TO CHILDREN'S EMOTIONAL EDUCATION, THOUGH SPECIFIC AWARDS MAY VARY BY REGION.

Q: IS "THE WAY I FEEL BOOK" SUITABLE FOR CHILDREN WITH SPECIAL NEEDS?

A: YES, ITS VISUAL CUES AND SIMPLE TEXT MAKE IT AN EFFECTIVE TOOL FOR CHILDREN WITH SPECIAL NEEDS, INCLUDING THOSE WITH AUTISM OR LANGUAGE DELAYS.

Q: CAN "THE WAY I FEEL BOOK" BE USED IN CLASSROOMS?

A: ABSOLUTELY. TEACHERS OFTEN USE THE BOOK TO INTRODUCE SOCIAL-EMOTIONAL LEARNING CONCEPTS, FACILITATE DISCUSSIONS, AND SUPPORT CLASSROOM MANAGEMENT.

Q: WHAT MAKES "THE WAY I FEEL BOOK" DIFFERENT FROM OTHER EMOTION BOOKS?

A: ITS COMBINATION OF EXPRESSIVE ILLUSTRATIONS, RHYTHMIC TEXT, AND COMPREHENSIVE COVERAGE OF EMOTIONS SETS IT APART, MAKING IT ENGAGING AND EFFECTIVE FOR CHILDREN AND ADULTS ALIKE.

[The Way I Feel Book](#)

Find other PDF articles:

<https://fc1.getfilecloud.com/t5-goramblers-10/pdf?ID=ZDr68-1613&title=transcendent-time-utah.pdf>

The Way I Feel Book: A Comprehensive Guide and Review

Are you searching for a powerful tool to help children understand and express their emotions? Then you've likely come across "The Way I Feel" book, a beloved classic in emotional literacy for young children. This comprehensive guide dives deep into what makes this book so effective, explores its

potential benefits, and offers insightful perspectives for parents, educators, and caregivers. We'll unpack the book's content, discuss its pedagogical approach, and answer frequently asked questions to help you determine if it's the right fit for your child or classroom.

What Makes "The Way I Feel" So Special?

"The Way I Feel" stands out due to its innovative and simple approach to teaching emotional intelligence. Unlike many children's books that simply name emotions, this book uses vibrant illustrations and concise text to capture the nuances of feelings. This allows children to connect visual representations with internal sensations, facilitating a crucial step in emotional development.

Visual Storytelling: A Key to Emotional Understanding

The book's strength lies in its vivid and relatable illustrations. Each page depicts a child expressing a different emotion – from happiness and excitement to sadness and anger – with distinct facial expressions and body language. This visual storytelling surpasses simple word definitions, allowing children to intuitively grasp the complexities of emotional expression. The images are not merely pictures; they're visual metaphors for internal states.

Simple Text, Profound Impact: Accessibility for Young Learners

The text accompanying each illustration is equally important. The language is simple, age-appropriate, and avoids complex vocabulary. This ensures accessibility for even the youngest learners. The short, impactful sentences help children connect the visual with the verbal representation of emotion, reinforcing the learning process. This approach avoids overwhelming young children with too much information at once.

Beyond the Pictures: Using "The Way I Feel" Effectively

"The Way I Feel" is more than just a read-aloud book; it's a tool for fostering emotional intelligence. Here's how to maximize its potential:

Interactive Reading: Engage and Explore

Don't just read the book passively. Encourage interaction. Ask your child to identify the emotion in each picture before you read the text. Ask them how the child in the picture might be feeling. This prompts active engagement and reinforces the connection between emotions and their physical manifestations.

Connecting Emotions to Experiences: Relatability is Key

After reading, discuss situations where your child has experienced similar feelings. This helps them connect the book's content to their own lives, making the learning process more relevant and meaningful. This personalized approach strengthens their emotional vocabulary and self-awareness.

Expanding the Conversation: Exploring Emotional Nuances

While the book covers a range of emotions, it's crucial to encourage children to explore the subtle differences between feelings. For example, discuss the difference between sadness and loneliness, or anger and frustration. This helps them develop a more sophisticated understanding of their inner world.

The Benefits of Using "The Way I Feel"

The positive impacts of using "The Way I Feel" extend beyond simple emotion recognition. It can contribute significantly to:

Increased Emotional Vocabulary: Children learn to label and articulate their feelings effectively.

Improved Self-Awareness: They develop a better understanding of their own emotional responses.

Enhanced Empathy: By seeing how others express emotions, they can better understand and relate to the feelings of others.

Improved Social Skills: Understanding and managing emotions is crucial for positive social interactions.

Reduced Emotional Dysregulation: Learning to identify and name emotions can help children manage and regulate their feelings more effectively.

Conclusion

"The Way I Feel" is a valuable resource for parents, educators, and caregivers seeking to foster emotional intelligence in young children. Its simple yet powerful combination of visual storytelling and age-appropriate text provides a foundational understanding of emotional expression. By actively engaging with the book and expanding on its content, you can empower children to navigate their emotional world with greater confidence and self-awareness. This book is a wonderful starting point for building a strong foundation of emotional literacy.

FAQs

1. Is "The Way I Feel" suitable for all age groups? While the book is primarily aimed at preschool and early elementary school children (ages 3-7), its simple concepts can be adapted for slightly older or younger children with appropriate guidance.

2. Are there any other books similar to "The Way I Feel"? Yes, there are many other books that focus on emotional development in children. A librarian or bookstore employee can help you find additional resources tailored to your child's age and developmental level.

3. How can I incorporate "The Way I Feel" into a classroom setting? Use it during circle time, as a part of a social-emotional learning curriculum, or as a springboard for discussions about feelings and behaviors.

4. Can this book help children with emotional challenges? While not a replacement for professional help, the book can be a useful tool to help children identify and express their feelings, which can be beneficial for those facing emotional difficulties.

5. Where can I purchase "The Way I Feel"? The book is widely available online and in most bookstores. You can easily find it through major online retailers like Amazon or at your local bookstore.

the way i feel book: *The Way I Feel* , 2005 Our most popular children's book, now with 1.2 million copies in print. Praised by parents, who say it's especially valuable when getting children to talk about the day's triumphs and troubles, and by professionals, who use it in pediatric clinics and with the developmentally disabled and emotionally troubled. Janan Cain's kids ooze anger and bounce with excitement as they teach the words for emotions. This award-winning, full-color book comes in two editions.

the way i feel book: *The Way I Act* Steve Metzger, 2021-09-07 A child-friendly format for the classic book on how emotions and behaviors interact With wacky characters, varied type faces, and vivid colors, this picture book introduces the vocabulary of values with nonjudgmental language. A wide variety of character traits presents kids with scenarios they can identify with, including peering at bugs with a magnifying glass, making the bed, and finishing a puzzle. Additional examples define words such as curious, responsible, persistent, and capable. The scenarios let children imagine how they might act in a number of common situations. *The Way I Act* provides parents with guidance on how to talk to their children about the difference between feelings and actions and the choices that kids can make in their behavior.

the way i feel book: *The Way I Feel* , 2000 Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

the way i feel book: *Today I Feel . . .* Madalena Moniz, 2017-02-28 Beautifully illustrated by Madalena Moniz's subtle watercolors, *Today I Feel . . .* follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.

the way i feel book: *Roonie B. Moonie* Janan Cain, 2007 Lost in a strange, unfamiliar place, an adventurous young bee must follow his instincts and use his head in order to avoid danger and keep himself safe.

the way i feel book: *The Book of Human Emotions* Tiffany Watt Smith, 2015-09-17 Is your heart fluttering in anticipation? Is your stomach tight with nerves? Are you falling in love? Feeling a bit miffed? Are you curious (perhaps about this book)? Do you have the heebie-jeebies? Are you antsy with *iktsuarpok*? Or giddy with *dépaysement*? *The Book of Human Emotions* is a gleeful, thoughtful collection of 156 feelings, both rare and familiar. Each has its own story, and reveals the strange forces which shape our rich and varied internal worlds. In reading it, you'll discover feelings you never knew you had (like *basorexia*, the sudden urge to kiss someone), uncover the secret histories of boredom and confidence, and gain unexpected insights into why we feel the way we do. Published in partnership with the Wellcome Collection. Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by

helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

the way i feel book: The Way You Make Me Feel Maurene Goo, 2022-05-26 A swoony summer read, perfect for fans of *To All the Boys I've Loved Before* and *The Kissing Booth*. Soon to be a Netflix feature film. Clara Shin lives for pranks and disruption. When she takes one joke too far, her dad sentences her to a summer working on his food truck, the Honeycut, alongside her uptight classmate Rose Carver. Not the carefree summer Clara imagined. But maybe Rose isn't so bad. Maybe the boy named Hamlet (yes, Hamlet) on the truck next door is pretty cute. Maybe Clara's estranged mom deserves a second chance. What if taking these relationships seriously means leaving her old self behind? A heart-warming and hilarious story of friendship, romance, and discovering that even when life gets serious, it can still be seriously fun from author, Maurene Goo. 'Maurene Goo has built a following with her breezy, pop-culture-savvy romantic comedies' New York Times

the way i feel book: I Feel Teal Lauren Rille, 2018-07-31 A little girl has a rainbow of emotions in this gentle debut picture book that encourages little ones to express their feelings through color. You're pink, you're teal, you're gray, you're jade. You're every golden, warmy shade... All of us have lots of feelings, and this sweet rhyming story cleverly uses colors to explore the wide range of emotions little ones experience throughout the day, from a shy scarlet to a quiet ecru to an exuberant magenta. Along the way it celebrates individuality and self-acceptance—after all, our feelings are the palette that makes us who we are!

the way i feel book: Why Do I Feel So Sad? Tracy Lambert-Prater, 2020-07-28 Help kids start to heal after grief and loss—for ages 5 to 7 *Why Do I Feel So Sad?* is an inclusive, age-appropriate, illustrated kid's book designed to help young children understand their own grief. The examples and beautiful illustrations are rooted in real life, exploring the truth of loss and change, while remaining comforting and hopeful. Broad enough to encompass many forms of grief, this book reassures kids that they are not alone in their feelings and even suggests simple things they can do to feel better, like drawing, dancing, and talking to friends and family. *Why Do I Feel So Sad?* is: Practical and compassionate—Written for early childhood-aged kids, this book touches on common sources of grief—everything from death to divorce or changing schools. Different for everyone—This book normalizes the confusing thoughts and physical symptoms that come with grief, so kids know there's no one right way to feel or heal. Tips for grownups—Find expert advice and simple strategies for supporting grieving kids in your life. Children don't have to go through grief alone; this book provides the tools to help them.

the way i feel book: When I Miss You Cornelia Maude Spelman, 2004-01-01 Young children often experience anxiety when they are separated from their mothers or fathers. A young guinea pig expresses her distress when her mother and father go away. Missing you is a heavy, achy feeling. I don't like missing you. I want you right now! Eventually the little guinea pig realizes that sometimes she and her parents can't be together. When that happens, she knows that others can help. They can snuggle with me or we can play. It helps me to be warm and close to someone. They remind me that you'll be back.

the way i feel book: On Monday When It Rained Cherryl Kachenmeister, 2001-03-09 A young boy describes, in text and photographs of his facial expressions, the different emotions he feels each day.

the way i feel book: Sometimes I Feel Kim Mitzo Thompson, Karen Mitzo Hilderbrand, 2017-03-02 How do you feel today? Young readers will realize that all the different feelings they experience throughout the day are common! From feeling happy to sad, to silly or mad, cute illustrations demonstrate different feelings in an appropriate way for young children. Simple sentences will have young learners reading along in no time. Learn simple Spanish words and phrases with the corresponding version *A Veces Me Siento*.

the way i feel book: When I Care about Others Cornelia Maude Spelman, 2002-01-01 In today's society, perhaps more than ever, young children need to develop empathy. In this simple

book, the author begins by helping children see that when they are sick, hurt, or unhappy, others care about them. Children can then begin to see that others need to be cared about as well. Common situations will further a child's appreciation for and understanding of what others feel and need.

the way i feel book: It's OK to Feel the Way You Do Josh Langley, 2018-03-29 Everyone has feelings ... sometimes we just don't know what to do with them! Happy, sad, lonely, angry, anxious, proud, scared - they're all feelings and emotions and they're all OK! Yes - every single one of them! In this bright and heartening book, Josh Langley helps kids get to know and make friends with their feelings. Bursting with simple and effective ways that kids can notice and handle difficult emotions like anger, anxiety, and loss and also rejoice in the positive feelings such as joy, empathy and happiness, this is a little book with a big message. It's Ok to Feel the Way You Do empowers kids to understand and share their feelings so they can enjoy life a whole lot more.

the way i feel book: When I Feel Angry Cornelia Maude Spelman, 2000-01-01 Everyone feels angry sometimes, but there are always ways to feel better! Join a bunny rabbit and her family as she learns to manage angry feelings. With a focus on identifying the causes of an emotional reaction, and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

the way i feel book: When I Feel Jealous Cornelia Maude Spelman, 2003-01-01 A bear cub describes situations that make her jealous: when someone has something she wants, when someone is good at something she wants to be good at, and when someone else gets all the attention. Jealousy is a prickly, hot, horrible feeling. I don't like feeling jealous, but—everybody feels jealous sometimes. The little bear finds ways to make herself feel better—she talks to someone about how she feels and then does something pleasant—and soon the jealous feeling goes away. An author's note for parents and teachers is included.

the way i feel book: How Do I Feel? Rebekah Lipp, 2024-10-29 An essential emotional literacy tool for children with 60+ definitions inside! Join Aroha and her friends as they share how different emotions feel in the body and find the words for how they truly feel! A useful resource for parents, carers and educators to help children recognise, label and understand their many emotions. Notable Book in the Storylines Children's Literature Trust of NZ Book Awards 2021 Finalist in the 2022 NZ Book Awards for Children & Young Adults (Elsie Locke Award for Non-Fiction) 'This book is a much-needed tool for children and those caring for them. By showing that a wide range of emotions each have their own unique value and purposes, this book helps to both normalise and encourage understanding towards the big emotions and feelings that, although sometimes demonised, are experienced by each and every one of us at some point in our lives.' — DANIELLE WHITBURN, Mental Health Foundation of New Zealand

the way i feel book: When I Feel Worried Cornelia Maude Spelman, 2020-09 Everyone feels worried sometimes, but there are always ways to feel better! Join a cuddly hamster and her toy zebra as she learns to manage feelings of worry. With a focus on identifying the causes of an emotional reaction, and coming up with ways to feel calm and happy again, this book offers simple strategies to help kids understand and take care of their emotions.

the way i feel book: Permission to Feel Marc Brackett, 2019-09-05 A practical and transformative 5-step strategy to ensure the emotional wellbeing of yourself and your child The mental wellbeing of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why and what we can do. Marc Brackett is a professor in Yale University's Child Study Center and 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 recognise the suffering, bullying, and abuse he'd endured. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional wellbeing. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and effective 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 his way to share the strategies and skills with readers around the world. It is tested, and it works.

the way i feel book: Peanut Butter & Cupcake Terry Border, 2014-07-29 For fans of *The Day the Crayons Quit*, *Little Pea*, or *How Are You Peeling?* What's a little piece of bread to do when he's feeling lonely? Find a friend, of course! And that's exactly what Peanut Butter tries to do. But sometimes friends are hard to come by, especially when Hamburger has to walk his (hot) dogs, Cupcake is too busy building castles in her sprinkle box, and Egg laughs so hard he starts to crack up! Does Peanut Butter have a soulmate? Young readers will know the answer long before Peanut Butter does and laugh along with each mismatched pairing. In a story that pairs silliness with poignancy, and friendship with anthropomorphic food, Terry Border, the photography mastermind behind the Bent Objects project, makes a triumphant entrance into the children's book world. Complete with a rhyming refrain, this is sure to be a favorite family read-aloud--and laugh-aloud. Praise for PEANUT BUTTER & CUPCAKE Border's witty food comedy will lure children who are hungry for clever visual entertainment.--Publishers Weekly [T]he creatively zany photographs...will make this a read-aloud hit.--School Library Journal This book would be a great read-aloud on friendship and food.--Library Media Connection

the way i feel book: I Feel Jealous Brian Moses, 2017-06-29 Young children experience many confusing emotions in their early years and *I Feel Jealous* looks at the emotion jealousy, in light-hearted but ultimately reassuring way. This picture book examines how and why people get jealous, illustrates scenarios of people behaving in a jealous way, and the best way to cope with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with jealousy. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

the way i feel book: I Feel Sad Brian Moses, 2017-04-20 Young children experience many confusing emotions in their early years and *I Feel Sad* looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with being sad. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

the way i feel book: When I Feel Scared Cornelia Maude Spelman, 2002-01-01 Children often feel afraid. This book, with its comforting words and illustrations, will help children address those fears and learn some new ways to cope with being afraid. First, a little bear describes some of the things that frighten him, like bad dreams or big, tall slides, or when his mother goes away. Sometimes, he just feels scared and doesn't know why! But he learns there are things he can do to make himself feel better. A Note to Parents and Teachers reinforces the positive messages in the book.

the way i feel book: Sometimes I Feel Sunny Gillian Shields, 2012 Join these four lovable friends as they share the emotions that colour every child's world whether feeling happy or sad, brave or small or quite simply feeling loved.--Back cover. Children are encouraged to discover that grumpy days and sunny days are all part of life, and that everybody feels strong emotions sometimes. Suggested level: junior.

the way i feel book: How to Feel Sushma Subramanian, 2021-02-02 We are out of touch. Many people fear that we are trapped inside our screens, becoming less in tune with our bodies and losing our connection to the physical world. But the sense of touch has been undervalued since long before the days of digital isolation. Because of deeply rooted beliefs that favor the cerebral over the corporeal, touch is maligned as dirty or sentimental, in contrast with supposedly more elevated modes of perceiving the world. *How to Feel* explores the scientific, physical, emotional, and cultural aspects of touch, reconnecting us to what is arguably our most important sense. Sushma

Subramanian introduces readers to the scientists whose groundbreaking research is underscoring the role of touch in our lives. Through vivid individual stories—a man who lost his sense of touch in his late teens, a woman who experiences touch-emotion synesthesia, her own efforts to become less touch averse—Subramanian explains the science of the somatosensory system and our philosophical beliefs about it. She visits labs that are shaping the textures of objects we use every day, from cereal to synthetic fabrics. The book highlights the growing field of haptics, which is trying to incorporate tactile interactions into devices such as phones that touch us back and prosthetic limbs that can feel. *How to Feel* offers a new appreciation for a vital but misunderstood sense and how we can use it to live more fully.

the way i feel book: *Play the Way You Feel* Kevin Whitehead, 2020-04-01 Jazz stories have been entwined with cinema since the inception of jazz film genre in the 1920s, giving us origin tales and biopics, spectacles and low-budget quickies, comedies, musicals, and dramas, and stories of improvisers and composers at work. And the jazz film has seen a resurgence in recent years—from biopics like *Miles Ahead* and HBO's *Bessie*, to dramas *Whiplash* and *La La Land*. In *Play the Way You Feel*, author and jazz critic Kevin Whitehead offers a comprehensive guide to these films and other media from the perspective of the music itself. Spanning 93 years of film history, the book looks closely at movies, cartoons, and a few TV shows that tell jazz stories, from early talkies to modern times, with an eye to narrative conventions and common story points. Examining the ways historical films have painted a clear picture of the past or overtly distorted history, *Play the Way You Feel* serves up capsule discussions of sundry topics including Duke Ellington's social life at the Cotton Club, avant-garde musical practices in 1930s vaudeville, and Martin Scorsese's improvisatory method on the set of *New York, New York*. Throughout the book, Whitehead brings the same analytical bent and concise, witty language listeners know from his jazz segments on NPR's *Fresh Air* with Terry Gross. He investigates well-known songs, traces the development of the stock jazz film ending, and offers fresh, often revisionist takes on works by such directors as Howard Hawks, John Cassavetes, Shirley Clarke, Francis Ford Coppola, Clint Eastwood, Spike Lee, Robert Altman, Woody Allen and Damien Chazelle. In all, *Play the Way You Feel* is a feast for film-genre fanatics and movie-watching jazz enthusiasts.

the way i feel book: *How Do You Feel?* Anthony Browne, 2013 'How Do You Feel?' is an exploration of emotion for very young children. Anthony Browne brings his understanding and skill to bear in a book that will reassure children and help them understand how they are feeling, using simple words and pictures.

the way i feel book: *Love Monster and the Perfect Present* Rachel Bright, 2013-12-12 A heart-tingling story featuring Love Monster, who now appears in his own animated television show on CBeebies!

the way i feel book: *How We Feel* Giovanni Frazzetto, 2013-08-01 What can a brain scan, or our reaction to a Caravaggio painting, reveal about the deep seat of guilt? How can reading Heidegger, or conducting experiments on rats, help us to cope with anxiety in the face of the world's economic crisis? Can ancient remedies fight sadness more effectively than anti-depressants? What does the neuroscience of acting tell us about how we feel empathy, and fall for an actor on stage? What can writing poetry tell us about how joy works? And how can a bizarre neurological syndrome or a Shakespearean sonnet explain love and intimacy? We live at a time when neuroscience is unlocking the secrets of our emotions. But is science ever enough to explain why we feel the way we feel? Giovanni Frazzetto takes us on a journey through our everyday lives and most common emotions. In each chapter, his scientific knowledge mixes with personal experience to offer a compelling account of the continual contrast between rationality and sentiment, science and poetry. And he shows us that by facing this contrast, we can more fully understand ourselves and how we feel.

the way i feel book: *Mean Soup* Betsy Everitt, 1995-03 Horace feels really mean at the end of a bad day, until he helps his mother make Mean Soup.

the way i feel book: *I Feel Angry* Brian Moses, 2016-05-05 Young children experience many

confusing emotions in their early years and *I feel Angry* looks at the emotion anger, in light-hearted but ultimately reassuring way. This picture book examines how and why people get angry, illustrates scenarios of people behaving angrily, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with anger. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

the way i feel book: *I Feel... Meh* DJ Corchin, 2020-09-01 Sometimes you just feel...meh. You don't really feel like doing anything or talking to anyone. You're not even sure how you're feeling inside. Is that bad? With fun, witty illustrations and simple, straightforward text, *I Feel...Meh* tackles apathy—recognizing it as a valid emotion, while also offering practical steps to get you out of your emotional slump. It's the perfect way for kids—and adults—who are feeling gray to find some joy again! Sometimes I feel meh and I don't want to play. I don't want to read and I have nothing to say. This series helps kids recognize, express, and deal with the roller coaster of emotions they feel every day. It has been celebrated by therapists, psychologists, teachers, and parents as wonderful tools to help children develop self-awareness for their feelings and those of their friends.

the way i feel book: *Banned Emotions* Laura Otis, 2019-03-26 Who benefits and who loses when emotions are described in particular ways? How do metaphors such as hold on and let go affect people's emotional experiences? *Banned Emotions*, written by neuroscientist-turned-literary scholar Laura Otis, draws on the latest research in neuroscience and psychology to challenge popular attempts to suppress certain emotions. This interdisciplinary book breaks taboos by exploring emotions in which people are said to indulge: self-pity, prolonged crying, chronic anger, grudge-bearing, bitterness, and spite. By focusing on metaphors for these emotions in classic novels, self-help books, and popular films, *Banned Emotions* exposes their cultural and religious roots. Examining works by Dante, Dickens, Dostoevsky, Kafka, Forster, and Woolf in parallel with *Bridesmaids*, *Fatal Attraction*, and *Who Moved My Cheese?*, *Banned Emotions* traces pervasive patterns in the ways emotions are represented that can make people so ashamed of their feelings, they may stifle emotions they need to work through. The book argues that emotion regulation is a political as well as a biological issue, affecting not only which emotions can be expressed, but who can express them, when, and how.

the way i feel book: *When I Feel Good about Myself* Cornelia Maude Spelman, 2003-01-01 I feel good about myself. Somebody loves me just as I am. I don't have to look like anyone else, be the same size, or do the same things. It's fine to be me. This book offers children positive and upbeat examples about being themselves. The author portrays a very young guinea pig and friends feeling good about themselves through common situations readers will relate to. Together, the text and art will foster self-esteem and independence.

the way i feel book: *Aroha's Way* Rebekah Lipp, 2024

the way i feel book: *When I Feel Happy* Marnie Willow, Sharie Coombes, 2021-07 When I feel happy, it starts with a fizzing, fluttery feeling, as if lots of little butterflies are flying all around me.

the way i feel book: *How Do I Feel?* DK, 2020-06-09 The characters Happiness, Anger, Sadness and Pride are here to teach your little ones how to recognize emotions and name their feelings. This brightly illustrated board book is a gentle and simple introduction to strong emotions. It will help your preschooler tell you how they are feeling and understand what happens to their body when they are happy or sad. Cute characters, like the star for Pride and the flame for Anger, evoke the feelings that small children have experienced. They just might not have the words for it just yet. Help them understand what these emotions are and that everyone feels them sometimes. This charming book explains how emotions can make us act in different ways, like stomping our feet when we are angry, or jumping up and down when we are happy. It tells kids what happens to their bodies inside and out when they feel different things, and why we act the way we do. The easy language makes for a fun and educational reading time. This helps children with language, vocabulary and talking about their emotions, especially if they have difficulty expressing feelings. Let the characters help your toddler answer the question Why do I feel sad? with simple

explanations. A Little Guide to My Emotions These fantastic kids' feelings guide includes: Four key emotions to learn Easy-to-read text that encourages vocabulary building Beautiful illustrations that will engage preschoolers Each character emotion in How Do I Feel? has a storybook of their own. Look out for sunshine in I Feel Happy, raincloud in I Feel Sad, flame in I Feel Angry and the little star in I Feel Proud so your little one can continue to grow their emotional development.

the way i feel book: Feel the Fear... and Do It Anyway Susan Jeffers, 2023-03-14 The classic bestseller that has inspired millions to face their fears once and for all is newly revised with an updated version. Are you afraid of making decisions . . . asking your boss for a raise . . . leaving a relationship . . . facing the future? The world is a scary place right now—day to day stress and worry is at an all-time high—but the hard truth is that fear won't just go away on its own. The only way to get rid of fear is to approach it, and this book is your essential guide to connecting with your inner power in order to do just that. In this enduring work of self-empowerment, now updated for the post-pandemic new normal, Dr. Susan Jeffers shares dynamic techniques and profound concepts that have helped countless people grab hold of their fears and move forward with their lives. You'll discover: · How to raise your self-esteem · How to become more assertive · How to connect to the powerhouse within · How to create more meaning in your life · How to experience more enjoyment With warmth, insight and humor, Dr. Jeffers shows you how to become powerful in the face of your fears—and enjoy the elation of living a creative, joyous, loving life. Whatever your fear, here is your chance to push through it and find true and lasting fulfillment on the other side.

the way i feel book: I Feel Frightened Brian Moses, 1994-11-16 Young children experience many confusing emotions in their early years and I feel Frightened looks at the emotions of being scared and frightened, in light-hearted but ultimately reassuring way. This picture book examines how and why people get frightened, illustrates scenarios of people being frightened and scared, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children cope when they are frightened. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

the way i feel book: Feel a Little Jenny Palmer, 2017-05-08 Feel A Little is a colourful, character-filled book about big feelings for little ones. It features poems by Jenny Palmer, illustrated by Evie Kemp, in their first ever collaboration and they've partnered with Little Love to publish this heartfelt project into a bright, beautiful hardback book. Feel A Little features a rainbow of 14 important emotions, all explored through gorgeous 'read along' rhymes accompanied by cute characters. Feel A Little is perfect for reading to children from a young age, and for children aged 7-11 to read to you. Youth emotional and mental health are huge issues in our communities, with children maturing earlier and facing an isolating modern world with modern challenges. As a community we need to start focussing on understanding and encouraging communication around feelings from an early age - equipping children with the tools they need to best face the ups and downs (and in-betweens) of life. Parents, caregivers and educators need a variety of ways to encourage these conversations and the safe space of engaged reading together is a proven, effective beginning. Feel A Little creates poetic and imaginative word prompts and a visual language for emotions, providing a starting point for discussions that you can come back to again and again.

Back to Home: <https://fc1.getfilecloud.com>