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**Hardcover – March 21,  
2017. by Tracey Ross  
(Author), Rosy Salaman  
(Illustrator) 4.4 out of 5  
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**My Book of Feelings:**

*Page 7/24*

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approaching feelings.

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Author: Tracey Ross  
Reviewer: Rainey Day  
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book is ideal for children ages 5 and above to help them understand why they might experience different emotions and how they can do manage their emotions in a positive way. This title was written in simple language.

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and Luci Gardner:  
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Their Emotions. Even though you can't see them, we all have feelings. Some feelings are fluffy and make us feel good. Some are sharp and make us unhappy.

**My Book of Feelings  
: Tracey Ross :  
9781785921926**

'A Book of Feelings', is a great way of teaching children not only about the different kinds of emotions that there

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are, but also how those emotions may affect them and how to identify and understand them in other people. Told in a story book manner, we meet Sam and Kate along with their parents and Fuzzy Bean, the family's pet dog.

## **A Book Of Feelings by Amanda McCardie**

PreS-Gr 1—Although this picture book

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exploration of feelings takes a similar list-and-describe approach to that of Jamie Lee Curtis's *Today I Feel Silly: And Other Moods That Make My Day* (HarperCollins, 2007) and Dr. Seuss's *My Many-Colored Days* (Knopf, 1998), don't count that against it.

## Emotions

**In My Heart: A Book of Feelings (Growing Hearts): Witek ...**

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## **My Book of Feelings - A Book to Help Children with ...**

The book explains to  
children what type of  
feelings that may be  
having and why they

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may be feeling this way, an example is a Sharp feeling such as scared/frightened - I might feel scared if I am unsure about something. In this book the two main feeling groups are Sharp (unhappy type of feelings) and Fluffy (those really good feelings).

**My Book of Feelings**  
**| Tracey Ross |**  
**9781785921926 |**

# Where To Download My Book Of Feelings **NetGalley**

Buy a cheap copy of My Book of Feelings: A Book to Help... by Tracey Ross. Even though you can't see them, we all have feelings. Some feelings are fluffy and make us feel good. Some are sharp and make us unhappy. Sometimes we have fluffy... Free shipping over \$10.

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A Book to Help... by**

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**Tracey Ross**

In the classroom, during homeschool, or in a moment you feel this would best suit your child, My Book of Feelings is an effective and non-threatening way for children to learn and open up about their own feelings. Below are a few materials that can be used with this book. Washable markers; Crayons; Colored pencils

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## **Early Reader: My Book of Feelings - Mama Teaches**

My Feelings Activity  
Book For Children 3-6  
Years Old My Feelings  
Activity Book was  
created to help very  
young children identify  
their feelings and learn  
how to describe them.  
This book is intended  
to be read aloud to  
children by parents,  
caregivers, preschool  
teachers, clergy, social

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workers, therapists, or  
by any other helping  
professional.

**My Feelings Activity  
Book - The Go-To-  
Mom**

My Book of Feelings is  
a tender story about  
Simone's emotions:  
fear, anger, jealousy,  
joy, shyness, pride and  
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*Page 23/24*

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