



Feelings: From Sadness to Happiness

Nuria Roca

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Feelings: From Sadness to Happiness Nuria Roca

Boys and girls explore their emotions to understand them as a part of the growing-up process. This book talks about the different ways to love—pets, flowers, and most important, the other people in their lives. Kids also learn that they needn't be afraid of the dark when they're alone in bed at night. Sometimes they become angry at a friend, or maybe ashamed if they've wet the bed—but they also learn that these are passing feelings experienced by all children. Feelings they can learn how to control or overcome. Boys and girls learn that good feelings are even better when they're shared with friends and loved ones. There are full-color illustrations on every page, and a two-page section of guidelines for parents at the back of the book. This sensitively written and illustrated book is also available in a Spanish language edition for Spanish-speaking families.

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