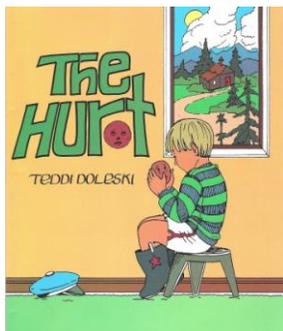


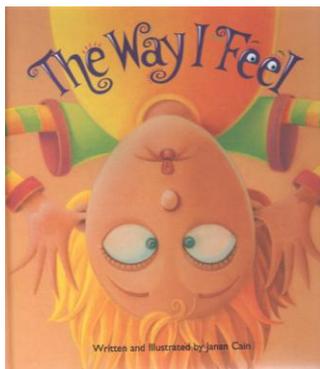
## HELPING CHILDREN UNDERSTAND FEELINGS



### The Hurt

#### Teddi Doleski

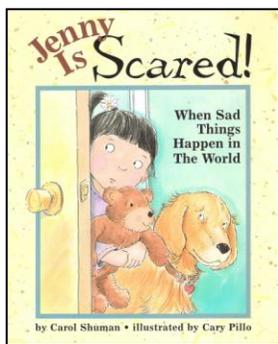
Until young Justin learns how to deal with situations that hurt his feelings he grows more and more alone and isolated. First he becomes hurt by some ill placed words of a friend, later by an undiscussed misunderstanding with his father. As Justin shrinks from his pain the hurt grows bigger and bigger, first inside his stomach (like a hard rubber ball), and then in his room which can no longer serve as his safe place of refuge. Justin's father helps him find ways to release the hurt. This poignant story lends itself well to storytelling presentations. It demonstrates how feelings that are denied can overcome us, but that when even scary feelings are faced they can quickly loose their hold. This book is a staff favorite for many reasons, not the least of which is that it shows the positive influence rendered by a caring father. The images and a metaphors of this story speak to the transformative power of validation and courage to quicken healing at any age. Ages 4-8.



### The Way I Feel

#### Janan Cain

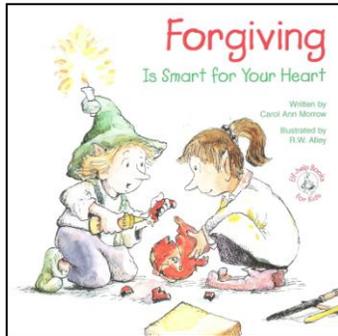
This delightful introduction to emotions has been praised by parents and professionals alike for its nonjudgmental descriptions of feelings. It includes a wide variety of emotions, including many not usually attributed to children. Ages 3-6



### Jenny is Scared When Sad Things Happen in The World

#### Carol Shuman

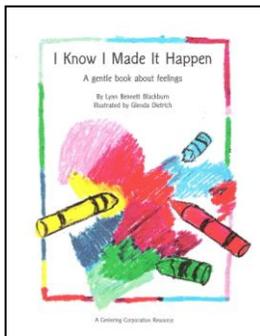
A gentle introduction to the stress that world news can bring to young Children. While non-specific, it clearly guides children to healthy family and community support options. Parents resource pages included. Ages 4-8



## **Forgiving Is Smart for Your Heart**

**Carol Ann Morrow**

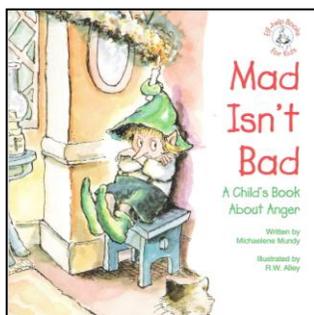
We are a world in need of forgiveness. In our local and world communities, we see violence and escalating conflict. Our children hold the future in their hearts. This book teaches children that they have a choice: to let hurt and anger hold their heart hostage, or let go and experience the freeing power of forgiveness.



## **I Know I Made It Happen**

**Lynn Bennett Blackburn**

This is a gentle book about feelings that validates and comforts young children who are fearful that their thoughts, words or actions made someone get hurt or sick or made them die. It's a common difficulty children face as they naturally believe they make or orchestrate the universe. Adults also struggle with this concept when someone they love is suddenly gone from their sight, although unlike children adults can usually make their own corrections to this thinking. I Know I Made It Happen is a simple little book. Its importance and helpfulness may be immeasurable.



## **Mad Isn't Bad A Child's Book About Anger**

**Michaelene Mundy**

After all everyone gets angry once in a while. That's normal, but what should we do with our anger? This book is a book every parent, teacher, and caring adult will appreciate. It offers children positive and honest view of anger and what to do with it. .Ages 6-9

