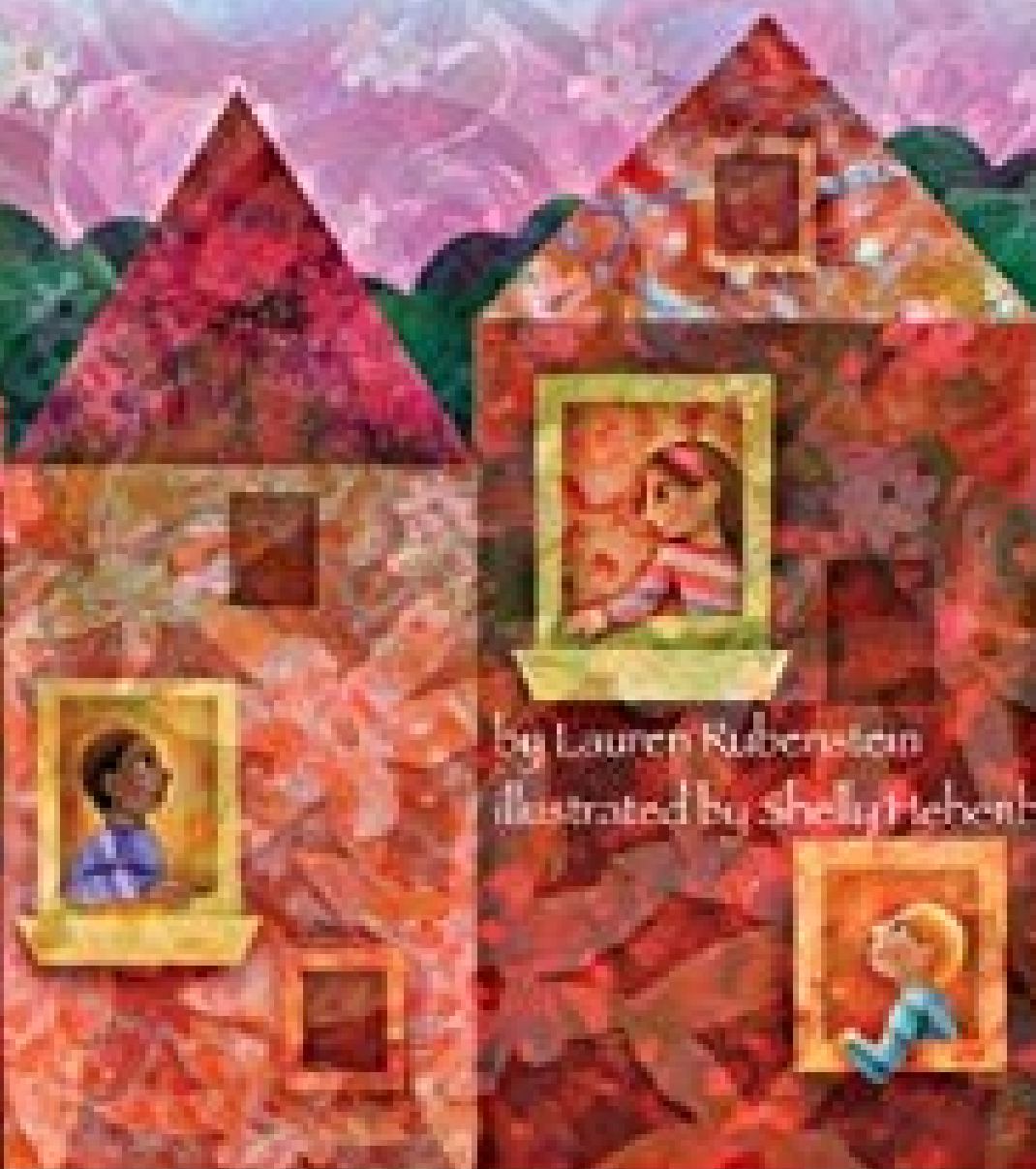


# Visiting Feelings

by Lauren Rubenstein

illustrated by Shelly Hohenberger



Lauren Rubenstein

Visiting Feelings



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Gold Medal, 2013 Mom's Choice Awardsb> Gaining this objectivity allows space for a far more considered response to the feelings. Instead of labeling or defining specific emotions and emotions, Visiting Feelings invites kids to sense, explore, and befriend any sense with acceptance and equanimity. Practicing mindfulness can also enhance many aspects of well-getting, help develop insight, empathy, and resiliency.Silver Medal, 2014 Nautilus AwardsBeautifully descriptive prose and delightful illustrations cultivate a note of mindfulness and emotional awareness to help children fully go through the present moment. Kids can explore their emotions with their senses and nurture a feeling of mindfulness.



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Sweet poetic read.. As an educator, a mother or father, a grandparent and a human being I heartily suggest this book -- like the great classics of children's literature, it comes in the guise of a publication for children, but its really a book for all those who experience feelings and do not quite know how to proceed with them. This actually helps kids think about and feel into their emotions without judgement.. Five Stars Such a helpful resource in doing therapy with middle school kids! The illustrations are bright, gender and ethnic inclusive, which will hold children's attention.About the content: The story line itself will not contain much educational information about feelings or how to express them... It is extremely to be used as an instrument to elicit feelings. (In the back, there are ideas for adults on how best to use the book: These are very useful)Being a hospital chaplain, focused on child bereavement, I purchased the book hoping to find a tool to greatly help kids express difficult feelings. I browse it with my 12-year boy using the language of the publication to inquire him how he sensed inside. Presents children and parents a moment to reflect on what their emotions are also to not fear them.. Yet, I doubt he would have gotten very much out from the book on his own. .If the book is going to be greater than a poetic fairly sweet read for children, the parent must be proactive, lead the conversation, ask inviting questions using the vocabulary of the book... And useful for going to feeling only when guided by a mother or father or an adult a grandparent and a human being We heartily recommend this reserve -- like the great classics of children's .In conclusion: A potential tool for conversation..... Dr. Rubenstein's displays us the way to come to learn and make friends with our emotions, rather than to guage or suppress them. too confusing, not helpful I'm a Therapist and We ordered this book predicated on some other reviews to help kids understand even more about confusing feelings. The illustrations are beautiful, the wording poignant and accurate. Love it Excellent. Best book I've found on tough feelings This book avoids labeling feelings or defining them nearly as good or bad. It offers easy moving rhythm and gorgeous pictures. Instead it helps kids look at their difficult feelings and feel them out and describe how they feel and how they make sure they are feel. It has inspired many conversations with my 4 and 6 year previous about different kinds of feelings.. It's plenty of knowing that it's okay to have whatever feeling you are having. A lovely book for encouraging reflective working in children As a psychologist who works together with kids, I was very happy to find this publication that encourages kids to experience emotions without labeling them or pressing to make them go away. What a gorgeous reserve with such an important message for .Children will benefit from adult guidance and conversation as they read this reserve, particularly the first time through. I am buying copies of this book to give away from now on, along with keeping one treasured copy for myself.. I would advise reading it gradually with pauses to allow them to reflect. I am a therapist and may have them draw their emotion as the publication goes through all the possible descriptors. It includes a perfect stability of words and photos and would be best for 1st - 7th graders I believe with parental or professional support. For kids reading by themselves probably 3rd and 4th grade is good because the book doesn't seem to old or young and they have the capacity to understand the concept. Perfection. Woah! This reserve is incredible -beautiful artwork, diverse kids represented, great ideas in emotions, great writing.! I sometimes go through it to them when they are having a tough time and, even if they don't want to speak about their current encounter, it does seem to calm them down.. Short tips and equipment for adults in the back. Are you kidding me? And to top it all off. I love this publication. People should hand these out in birthing centers. Great Book I really like this book. The colours and illustrations are fairly, but the words just don't have an excellent enough anchor from what kids actually feel to get the idea across. I try very hard to express to my girl that it's okay to get a wide range of feelings. This reserve really helps to obtain the message across that it's alright to let these feelings come and proceed. The illustrations are just beautiful as

well. If we are able to help children to simply accept their own emotions also to recognize that emotions come and go over the span of a day, after that we can help them to create more conscious decisions about how exactly they respond... What a gorgeous reserve with this important message for kids - to allow your feelings to be real, not really deny them. I was happy to see him interacting (he's very introverted) even though the publication seemed below his generation. If only we adults could possess all learned that previously in life, the world would have a lot more acceptance, compassion and love. This book seems to confuse them even more, I have not however found a child that this book has helped. We talk about feelings a lot in our house. FEELINGS Great for everyone. More than that only through adult guidance Visiting Feelings is quite aesthetic and inviting. Five Stars Excellent book to help my 5 year old



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