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This updated journal, designed to help you understand your emotions, is the perfect companion to The Feelings Book. It's a great hands-on guide that will help you identify and handle all kinds of emotions with entertaining quizzes, fill-in-the-blank exercises, and checklists.

The Feelings Book Journal (Revised): Dr. Lynda Madison

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Description of the book "The Feelings Book Journal": This updated journal, designed to help you understand your emotions, is the perfect companion to The Feelings Book. It's a great hands-on guide that will help you identify and handle all kinds of emotions with entertaining quizzes, fill-in-the-blank exercises, and checklists.

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All About My Feelings - Devereux

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 workers, therapists, or by any other helping professional.

My Feelings Activity Book

Girls will learn how to handle their feelings, stay in control and get great sensitive advice on handling fear, anxiety, jealousy, and grief. Help your girl stay in the driver's seat of her own emotions. Titles include: The Feelings Book and The Feelings Book Journal (both are revised additions). Recommended for ages 8-12.

Feelings Book, Book & Journal - Christianbook.com

This updated journal, designed to help you understand your emotions, is the perfect companion to The Feelings Book. It's a great hands-on guide that will help you identify and handle all kinds of emotions with entertaining quizzes, fill-in-the-blank exercises, and checklists.

The Feelings Book Journal | A Mighty Girl

hand side of your book and the "open edges" will be the left side (spine side) of the book Place the collated, trimmed, and folded pages inside the folded cover with the open edges towards the center cover fold. Staple the outside edge of your book approximately 1/2 inch from the fold using 3-5 staples.

My Feelings Worksheet and Printable Book - tlsbooks.com

Jacobs concludes the chapter with a powerful thought: Getting distance from your feelings can help you "survey your situation with greater breadth and flexibility, and that, in turn, can help ...

4 Journaling Exercises to Help You Manage Your Emotions

I like "The feelings book" because is colorful and simple to understand. I like the colorful pictures and my children like them to. They try to imitate every single one. LOL! flag Like " see review. Aug 17, 2016 Lynn Demsky rated it did not like it " review of another edition.

The Feelings Book by Todd Parr - Goodreads

It was much easier for her to talk about feelings when thinking about the characters from the movie. Joy, Anger, Disgust, Fear, and Sadness slowly became part of her journal entries. Instead of having her write in a blank journal, I made her a printable Inside Out feelings journal.

Free printable Inside Out feelings journal - Brie Brie Blooms

Printable Inside Out feelings journal is an excellent way to teach a child how to express their emotions. Add blank circle so child can fill in an emotion.

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