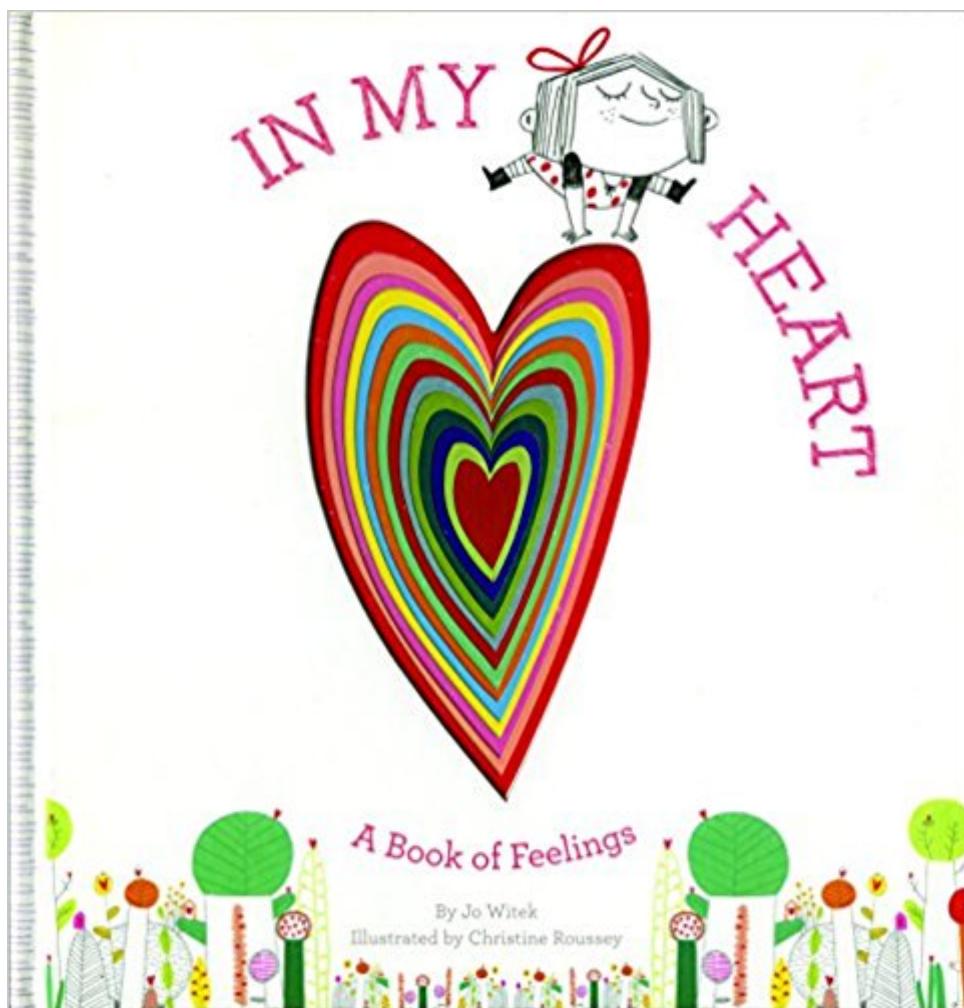


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# In My Heart: A Book Of Feelings (Growing Hearts)



## **Synopsis**

Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy. Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged. The Growing Hearts series celebrates the milestones of a toddler's emotional development, from conquering fears and expressing feelings to welcoming a new sibling.

## **Book Information**

Series: Growing Hearts

Hardcover: 32 pages

Publisher: Harry N. Abrams; 1 edition (October 14, 2014)

Language: English

ISBN-10: 1419713108

ISBN-13: 978-1419713101

Product Dimensions: 10 x 0.5 x 10.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 236 customer reviews

Best Sellers Rank: #2,070 in Books (See Top 100 in Books) #11 in Books > Children's Books > Early Learning > Basic Concepts > Sense & Sensation #40 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #47 in Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 2 - 4 years

Grade Level: Preschool and up

## **Customer Reviews**

PreS-Gr 1 "Although this picture book 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. The approach still works, especially when the feelings evoked have such child-friendly

imagery ("My heart is yelling, hot and loud," the child narrator explains). The book pairs brief verbal explorations of emotions with evocative imagery, popping with bright colors against the effectively used white background. Throughout the representative illustrations— "a bright yellow star to represent happiness, an elephant to represent sadness, a silhouette of the Big Bad Wolf to represent fear— a series of heart cutouts, ever decreasing in size, appears on the pages, until the heroine is able to find her feelings everywhere. "Kathleen Kelly MacMillan, Carroll County Public Library, MD

**STARRED REVIEW** "Consider this beautifully designed French import a must-have for any storytime or one-on-one sharing regarding the somewhat sticky subject of feelings." (Kirkus Reviews 2014-10-01)"Witek covers an impressive emotional range while Roussey's childlike drawings evoke each feeling with a playful style." (Publishers Weekly 2014-11-10)"...evocative imagery, popping with bright colors against the effectively used white background." (Kathleen Kelly MacMillan, Carroll County Public Library, MD School Library Journal 2014-12-01)

Beautifully illustrated! The story is wonderful, as well. My little boy likes to hear that it is OK to have different feelings. Sometimes you are going to be sad or angry, but that will change with time. You should celebrate all of the good feelings! He likes to give everyone hugs after reading this book.

I love this book and all the kids I have read it to really enjoy it. I use it in my counseling practice to teach about emotions and to create discussion about how and when they feel the different feelings discussed in the book. The kids love the images and learning about the various feelings. I use it with spanish speaking families and translate the content, it's great for learning emotions in both languages if you can do that. I personally love the messages and the illustrations.

My 2 year old LOVES this book. We read it almost every night since we bought it 2 months ago. Since, she asks me often, Mommy, what are you feeling? It's been a good tool to use to ask her how she is feeling as well and has increased her awareness/vocabulary/communication.

I bought this book for my 3-year old boy. It is a good book to talk about our different emotions. I also love being able to talk about the pictures, shapes, and colors. It is beautifully illustrated. I also love that the pages are sturdy and holds up well.

Love this books so much. Gave it to my 4.5 year old son for Valentine's Day and has sparked both very imaginative and very honest conversations. As a clinical psychologist, I highly recommend!

Great book to teach children about emotions and what can cause them. I love that it went through all emotipns, just not the main ones like happiness and sadness. My son's preschool loved when he brought it in to share.

Cute children's book that does a good job talking about different feelings kids have. It encourages kids to express their emotions and allows opportunity for good conversations about how and why people feel certain ways. I got this for my kids for Valentine's Day and they both very much enjoy this book. I love the colorful cover and the illustrations as well.

My daughter is 2.5 years old and we are just starting to describe feelings to her. She can start labeling happy and angry, but I wanted to teach her a fuller spectrum. She loves this book during story time - as I read each feeling, she traces each of the heart cut outs on each page, which keeps her attention on each one. I love the metaphoric illustrations for each feeling and that also keeps her attention on each page. I can't wait till I see it "stick" and applied to our day to day interactions.

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