

Katia Gaigalova
Radka Janská



EMOTIONS

Illustrations by Katia Gaigalova



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EMOTIONS





The first day of preschool is finally here! Tommy is excited about it while Annie is shy in front of the others. And Eric is throwing a fit because he didn't want to go to preschool at all. All of these kids feel completely differently.

Yet, their feelings are normal and we have all experienced them. Every feeling can be dealt with in a way so that it doesn't overwhelm us.

**Look over there, another kid is arriving to preschool.
What do you think he is feeling?**



It's Johnny's first day of preschool too. But he's not looking forward to it, in fact, quite the opposite. He's very **scared**. What will the day be like for Johnny?



When you are afraid...



Draw what your fear looks like.



Remember something nice you did.



Hug your mom.



Imagine that you are a brave warrior who can defeat the fear.

It's Johnny's first day of preschool too. But he's not looking forward to it, in fact, quite the opposite. He's very **scared**. What will the day be like for Johnny?



His very kind teacher has come over to welcome him to preschool. She leads him into the classroom and explains him everything.

When you are afraid...



Draw what your fear looks like.



Remember something nice you did.



Hug your mom.



Imagine that you are a brave warrior who can defeat the fear.

EMOTIONS

PEEK-A-PIC

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**PULL
THE TAB**
& explore
emotions

Yay, the first day of preschool is here! Johnny, however, is not looking forward to it. In fact, he's afraid of what awaits him there. We're all a little bit like Johnny because everybody is afraid from time to time. Or sometimes we get angry and other times we are filled with joy. So how are you feeling right now?

Come along with Johnny and you will see all of the things he experienced and how he felt. What's more, you'll learn how to deal with similar emotions yourself.

EAN + ISBN

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