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ME, MY FRIENDS AND OUR **EMOTIONS**



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ME, MY FRIENDS AND OUR **EMOTIONS**

LEARN
TO DEAL WITH
YOUR
FEELINGS!



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The first day of nursery is here at last! What will it bring? Tommy and Lizzie are excited about it, while Annie feels shy in front of other people. As for Richard, he is having a tantrum because he doesn't want to be at nursery at all. Same day, same place, but everyone feels different.

All these feelings are normal, and they are familiar to us all. We can learn to deal with every emotion so that it doesn't overwhelm us.

**Look over there! Someone else is arriving.
What do you think he is feeling?**

It's a lovely day. Perfect for playing outside! Jack and Emma have discovered a big puddle in the yard...

... and are sailing little boats on it.

How **happy** they are!

When you are having fun...



Tell your friends about it.



Laugh out loud.



Do what you love.



Share your happiness with others.

Having had enough of just watching our two friends, the other kids head outside too.



It's more fun when there are lots of kids to play with.

ALL OF US HAVE DIFFERENT REASONS TO BE HAPPY



Doing what we enjoy...

... spending time with people we love...



... receiving a present.

Now you know how to enjoy yourself even more!

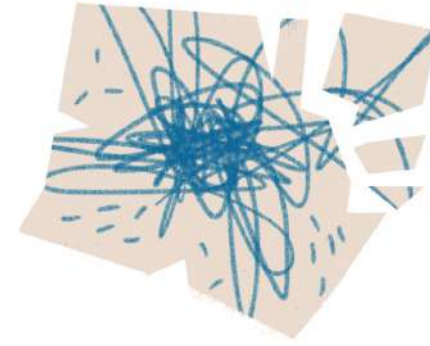


Crash! What was that? A big tower of blocks has just collapsed. Jack worked so hard on it, and now it's ruined!



Jack is very **angry!**

When you are angry...



Scribble on and tear up a blank piece of paper.



Run your anger off.



Slap the ground once with your hand.



Tell someone about what has upset you.

There's no need for Jack's anger. Emma has come over to help, so the tower will be rebuilt in a flash.



And they'll have fun doing it.

ALL OF US GET ANGRY SOMETIMES



When something doesn't go as we thought it would...



... when someone we love doesn't have time for us...

... when we think something isn't fair.



But now you know how to deal with your anger.

The day is coming to an end. Our friends are getting ready for bed. It's no wonder they are tired because they did such a lot!



Now it's time to gather strength for the day to come. What feelings does tomorrow have in store?



During this day, each of them has known several different feelings. There were times when they were miserable, then times when they felt great...




**GOOD NIGHT,
SLEEP TIGHT!**



HOW ARE
YOU FEELING
RIGHT NOW?

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The first day of nursery is here! But Jack is not looking forward to it. In fact, he's afraid of what awaits him there. Like Jack, all of us feel afraid from time to time. Sometimes we get angry, just as sometimes we know great joy. When a cup gets broken, one person cries, another laughs, and another blushes with embarrassment. Our many emotions can cause quite a lot of mischief, especially when we give in to them.

To find out how Jack's first day at nursery turned out, come along with us to see all the things he did and how these experiences made him feel. And as you read, you'll learn how to deal with these emotions yourself.

EAN + ISBN

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WARNING:
Choking hazard.
Not suitable for children
under 36 months.

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