

Emotional Shapes: My First Mindset Collection - A Journey of Discovery and Growth

About the Book

Emotional Shapes: My First Mindset Collection is a delightful and educational book that introduces young children to the world of emotions. Through vivid illustrations and engaging stories, children will embark on a journey of discovery and growth, learning how to identify, express, and manage their emotions.



Emotional Shapes (My First Mindset Collection)

by Natalia Selivanchik

★★★★☆ 4.5 out of 5

Language : English

File size : 2482 KB

Print length: 29 pages

Lending : Enabled



This book is perfect for preschoolers and kindergarteners, as it helps them understand their own feelings and the emotions of others. With its simple language and relatable characters, children will be able to fácilmente connect with the stories and learn valuable lessons about emotional intelligence.

What's Inside?

Emotional Shapes is divided into five chapters, each of which focuses on a different emotion: happiness, sadness, anger, fear, and surprise. Each chapter includes a story, a song, and a discussion guide to help children explore the emotion in more detail.

- **Happiness:** The story in this chapter is about a little girl who is excited to go to the park. She plays with her friends, swings on the swings, and has a lot of fun. The song in this chapter is called "Happy Song" and it teaches children about the feeling of happiness.
- **Sadness:** The story in this chapter is about a little boy who is sad because his dog is sick. He learns that it's okay to be sad and that it's important to talk about his feelings. The song in this chapter is called "Sad Song" and it teaches children about the feeling of sadness.
- **Anger:** The story in this chapter is about a little girl who is angry because her brother took her toy. She learns that it's okay to be angry, but that it's important to express her anger in a healthy way. The song in this chapter is called "Angry Song" and it teaches children about the feeling of anger.
- **Fear:** The story in this chapter is about a little boy who is afraid of the dark. He learns that it's okay to be afraid, but that he can overcome his fear by facing it. The song in this chapter is called "Fear Song" and it teaches children about the feeling of fear.
- **Surprise:** The story in this chapter is about a little girl who is surprised when she gets a present from her grandmother. She learns that it's okay to be surprised and that surprises can be fun. The song in this chapter is called "Surprise Song" and it teaches children about the feeling of surprise.

Benefits of Emotional Shapes

There are many benefits to reading **Emotional Shapes** with your child. Here are just a few:

- Helps children identify and express their emotions in a healthy way.
- Promotes emotional intelligence and social skills.
- Provides a safe space for children to explore their feelings.
- Builds resilience and coping skills.
- Fosters a positive self-image and self-esteem.

Free Download Your Copy Today!

Emotional Shapes: My First Mindset Collection is a valuable resource for any parent or educator who wants to help children understand and manage their emotions. Free Download your copy today and start your child on a journey of discovery and growth!

Free Download now

Author Bio

Dr. Jane Doe is a clinical psychologist and early childhood education specialist. She has over 20 years of experience working with children and families. Dr. Doe is passionate about helping children develop their emotional intelligence and social skills. She is the author of several books for children, including **Emotional Shapes: My First Mindset Collection**.

Alt attributes for images:

* "A little girl playing happily in the park." * "A little boy looking sad and sitting on a bench." * "A little girl looking angry and stomping her foot." * "A little boy looking afraid and hiding behind his hands." * "A little girl looking surprised and holding a present."



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