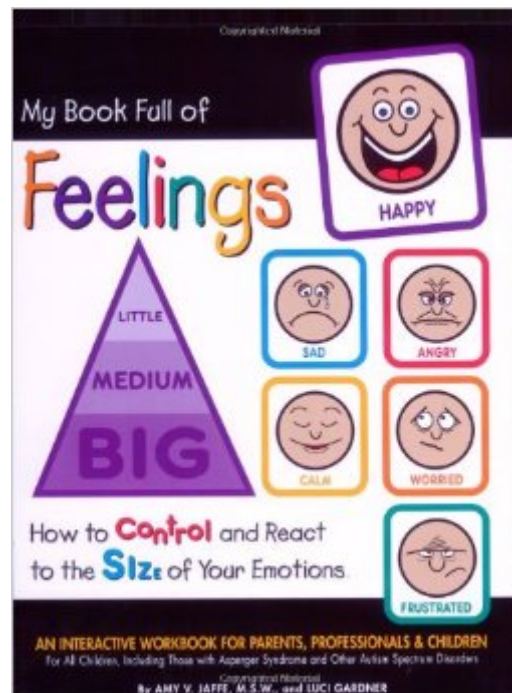


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# My Book Full Of Feelings: How To Control And React To The Size Of Your Emotions



## Synopsis

This highly engaging workbook is an ideal way to help teach children to identify, access the intensity of, and respond appropriately to their emotions. The book is fully interactive. By using a dry-erase marker, unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows. Also included is a Communication Pad for tracking and sharing information between home and school an important component of effective programming. The book is great for all children, including those with Asperger Syndrome and other autism spectrum disorders.

## Book Information

Spiral-bound: 60 pages

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Product Dimensions: 9.3 x 8.4 x 0.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #91,700 in Books (See Top 100 in Books) #39 in [Books > Education & Teaching > Schools & Teaching > Special Education > Communicative Disorders](#) #42 in [Books > Education & Teaching > Schools & Teaching > Special Education > Behavioral Disorders](#) #274 in [Books > Parenting & Relationships > Special Needs](#)

## Customer Reviews

This book is for ALL children, not just those with Asperger Syndrome and other Autism Spectrum Disorders. I came across My Book Full of Feelings at my local bookstore and immediately saw it's potential in helping children at my school. This book uses colors for feelings, visualization, and a triangle that has three sizes of feelings - small, medium, and big. Make sure to read the How To Use This Book section. We tend to skip past those pages to get immediately to the 'goods' of the book. The author gives some really good suggestions on techniques to use with children while using the book. A lot of children struggle with identifying their feelings which can lead to an out of control response to a situation. This book has helped me be a better counselor. Your shelf needs a book like this if you work with children who are in need of controlling their reactions and the size of their emotions.

Great for using at home with kids up to elementary school. I gave it as a gift and it was extremely useful. Gives examples of what might be causing the feelings. Gives a standard language for both parents and children to be clear about which feeling is being discussed. The definitions of big, medium and small feelings with discussion of how to keep reactions at a similar level has been a lifesaver for us.

this book is great for kids with ADHD or any kid that has a hard time following rules or have melt downs. It gives a chart for your feelings (ie-1-good-5-exploding) and it has space that you and your child can write down how to handle a situation so the numbers stay low. I highly recommend this book!

I like that this book helps the child think of levels of emotions and appropriate behaviors for different levels. This could be useful in helping a child understand that a full melt down doesn't have to be the first course of action when negative emotions are encountered. Its a very simple concept of a book which is a good thing -- I'm tired of books padded with extra words to justify their existence. This book has simple directions in the front in a nice clean legible font. This is followed by exercise pages for each emotion. All of that is laminated for durability and so that you can reuse the exercises. In the end are worksheets that can be torn out and used. Its all spiral bounded which makes it again more durable and easy to use. My only real complaint about the book is that the tabs that stick out of the book are easily damaged. Mine arrived somewhat beat up from shipment. A little better packing would have prevented that but they'd still easily get damaged by use. If the publisher revises the book, I'd suggest that the end board extend to the width that the tabs stick out and that a clear plastic front cover be provided that extends over the tabs.

For those that work with children, adolescents and their families, This book is a good one to have. Th kids I work with informed me that this is an awesome book and that they better understand their feelings.....

Sometimes students blow events and concerns way out of proportion. This is a great tool to help keep their worries in perspective, and show them how to develop strategies to manage their worry and anxiety. With so many children worried about unsettled family situations, unemployment, foreclosure etc - this book is a must! A great tool to build resiliency in youth.

I like the philosophy and design of the book (eraseable pages as well as paper copies). However there are some pretty glaring spelling errors and the examples of some of the feelings are not generic enough to support reading them aloud to a variety of clientele.

This product is a good basic look at feelings, but I wish there was an ability to add more personalization to each emotion or blank pages that the student/child could complete themselves. Good book for beginners or younger students that you are working on emotions with.

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