

I Feel the World

Zanni Louise

Nina Gould, Illustrator

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Focusing on helping children identify, understand, and manage their “big feelings,” this picture book encourages children to approach their emotions with self-compassion as it incorporates concepts of mindfulness. Some feelings make the little bear want to dance; others are “crawly things” or cause “Short breath. Fast heart.” When the big feelings get overwhelming, the little bear takes a deep breath and remembers that everyone feels big feelings—and that even the worst ones will pass.

DANIELLE BALLANTYNE (March / April 2023)

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