

Rhyming About Big Feelings: A Poetic Journey Through the Emotional Landscape

Rhyming About Big Feelings is a book that helps children understand and express their emotions through poetry. The book covers a wide range of emotions, from happiness to sadness to anger. Each emotion is explored through a poem that is both engaging and educational. Rhyming About Big Feelings is a valuable resource for parents and teachers who want to help children learn about their emotions.

Written by a child psychologist and a poet, Rhyming About Big Feelings uses simple, yet powerful language to help children identify and understand their emotions. The poems are also full of humor and heart, making them relatable and enjoyable for children of all ages.

In addition to the poems, Rhyming About Big Feelings also includes tips for parents and teachers on how to help children understand and express their emotions. These tips are based on the latest research in child psychology and are designed to help children develop emotional intelligence.



Sometimes Sad Comes Out Mad: A Rhyming Book

About BIG Feelings by Grammy Sami

★★★★★ 5 out of 5

Language : English

File size : 17608 KB

Screen Reader : Supported

Print length : 29 pages

Lending : Enabled



Rhyming About Big Feelings is a book that can help children of all ages learn about their emotions. It is a valuable resource for parents and teachers who want to help children develop emotional intelligence.

What is Emotional Intelligence?

Emotional intelligence is the ability to understand and manage your own emotions, as well as the emotions of others. It is a key skill for success in life, both personally and professionally.

Children with high emotional intelligence are better able to:

- Understand their own emotions and why they feel the way they do.
- Manage their emotions in healthy ways.
- Express their emotions in appropriate ways.
- Understand the emotions of others and empathize with them.
- Build and maintain healthy relationships.

How Can Rhyming About Big Feelings Help Children Develop Emotional Intelligence?

Rhyming About Big Feelings can help children develop emotional intelligence by:

- **Helping them to identify and understand their emotions.** The poems in the book cover a wide range of emotions, from happiness to

sadness to anger. Each poem helps children to understand what the emotion feels like and why they might be feeling it.

- **Teaching them how to manage their emotions in healthy ways.** The poems in the book also provide tips for children on how to manage their emotions in healthy ways. For example, the poem "When I'm Angry" teaches children how to calm down when they are angry.
- **Encouraging them to express their emotions in appropriate ways.** The poems in the book help children to understand that it is okay to express their emotions, but that it is important to do so in appropriate ways. For example, the poem "When I'm Sad" teaches children how to express their sadness in a healthy way.
- **Helping them to understand the emotions of others and empathize with them.** The poems in the book also help children to understand the emotions of others and empathize with them. For example, the poem "When My Friend is Sad" teaches children how to empathize with a friend who is sad.

Tips for Parents and Teachers

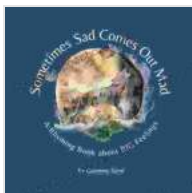
Here are some tips for parents and teachers on how to use Rhyming About Big Feelings to help children develop emotional intelligence:

- **Read the poems to your children.** Reading the poems to your children is a great way to help them learn about their emotions. You can read the poems aloud, or you can have your children read them to you.
- **Talk to your children about the poems.** After you read a poem, talk to your children about what the poem means. Ask them questions

about the emotion that is being explored in the poem. Help them to understand why the character in the poem is feeling the way they do.

- **Use the poems to teach your children about emotional intelligence.** The poems in the book can be used to teach children about emotional intelligence. For example, you can use the poem "When I'm Angry" to teach children how to calm down when they are angry.
- **Encourage your children to express their emotions in healthy ways.** The poems in the book can help children to understand that it is okay to express their emotions, but that it is important to do so in appropriate ways. Encourage your children to talk to you about their feelings, and help them to find healthy ways to express their emotions.

Rhyming About Big Feelings is a valuable resource for parents and teachers who want to help children develop emotional intelligence. The poems in the book are engaging and educational, and they can help children to understand and express their emotions in healthy ways.



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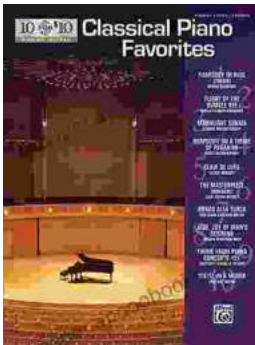
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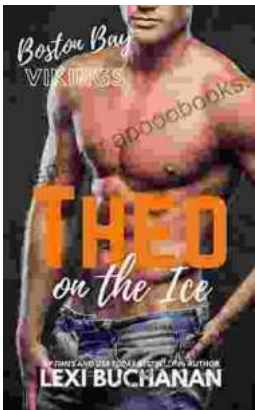
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