

# A LITTLE SPOT™



is for ANGER.



is for BRAVE.



is for CALM.



is for DISAPPOINTED.



is for EMBARRASSED.



is for FRUSTRATED.



is for GRATEFUL.



is for HAPPY.



is for IRRITATED.



is for JOY.



is for KOOKY.



is for LOVE.



is for MAD.



is for NERVOUS.



is for OVERWHELMED.



is for PEACEFUL.



is for QUEASY.



is for RAGE.



is for SAD.



is for THANKFUL.



is for UPSET.



is for VALUED.



is for WORRIED.



is for...



is for YUCKY.



is for ZEN.

Feeling Spots are in us all,  
they may be big, or they may be small.  
Some may come and go, and some may stay...

**What SPOT are you feeling today?**

# Abc Of Feelings

**Ebrima Jallow**



## **Abc Of Feelings:**

*ABC of Feelings* Bonnie Lui,2021-09-14 The perfect way for kids to explore the wide range of emotions they feel every day complete from A to Z with bright bold illustrations From anxious to zany kids experience a wide range of emotions but they don't often have the language to explain how they're feeling *ABC of Feelings* explains that it's perfectly okay and normal to feel many different things and gives both kids and parents the tools they need to make the abstract nature of feelings and emotions easier to discuss and understand

**ABC of Feelings** Bonnie Lui,2020-06 Simple text and illustrations present an A to Z guide to emotions including happy mad scared and more

*ABC Feelings* Alexandra Delis-Abrams,1991-10 Songs activity cards for each letter of the alphabet and a learning coloring book on feelings to make children aware of and understand their feelings

**The ABC's of Feelings** Nina Chilen,Lillie Chilen,2022-07-13 The ABCs of Feelings is a charming journey through emotions from A to Z featuring adorable watercolor creatures that help young children identify name and accept all their feelings Each letter introduces a different emotion through gentle illustrations and kid friendly language creating a safe space for emotional exploration and literacy

**A Little Spot Abc's of Feelings** Diane Alber,2023-08-12 Perfect for the littlest of learners This simple but colorful book explores a wide range of feelings from A to Z with your favorite SPOTS Now not only can children learn their letters and numbers but they can learn how to name their feelings too Big emotions can be overwhelming for small ones and learning to name them can be tricky This book aims to make it fun and engaging at the same time

*C is for Curious* Woodleigh Hubbard,1995-03-01 C is for Curious Raging dragons leaping cows and baseball playing dogs all come together in this zany collection that explores a host of feelings from Angry to Zealous Brilliantly colored and brimming with endearing creatures Woodleigh Hubbard's exuberant illustrations will charm even the youngest reader The bold graphic composition the humorous detail and the universality of the emotions will appeal to readers of every age Perfect for discussion time or playtime C is for Curious is an animated colorful and altogether unique look at feelings

2 is for Dancing One unicorn dreaming under a star strewn sky Six little chicks cuddled together quietly reading Eight energetic dogs wildly riding a bicycle These are just some of the wacky and wonderful creatures that readers will encounter in this exuberant exploration of numbers Using both humor and warmth Woodleigh Hubbard presents an extraordinary look at some very familiar actions Her animated illustrations are filled with bold shapes and bright colors that combine to create a vibrant picture that will appeal to even the youngest reader Children learning to count will take special pleasure in tallying the characters found in each picture and the simple text is just right for those beginning to read on their own A striking companion to *C is for Curious* An A B C of Feelings this whimsical and innovative look at verbs and numbers will enthrall readers of every age

*The ABC's of Feelings* Meredith Rivers,2016-02-28 An ABC book unlike anything else This book goes through each letter of the alphabet and identifies a corresponding emotion From happy and sad terrified and zealous This book will have your little one identifying emotions before they can say persnickety

**The ABC Book of Feelings** Helen Martin, Judith Simpson, 2017-11-20 This richly decorated picture book celebrates feelings emotional and physical joyful and challenging It invites young children to share their experiences with family friends and carers The sensitive engaging text offers gentle ideas for managing fear anger sadness and jealousy Publisher s description [What a Feeling!](#) Stephanie Alexandra Kaufman, 2020-02 Let s discover and explore a wide range of emotions together Our feelings can be really hard to understand and even harder to explain Every day children are experiencing new emotions and often do not know how to describe them Feelings seem to just happen to them and it can be very scary and hard to control From Ariel the Angry Alligator to Zack the Zealously Organized Zebra this book will lay the foundation for comprehending some of the most common yet confusing and overwhelming feelings that we all experience Through fun and relatable examples our animal friends will tell us what is happening in their minds and bodies when feelings take over

*The Abc Book of Feelings* , 2018 Everyone has feelings and lots of them you ve had This richly detailed picture book celebrates feelings emotional and physical joyful and challenging It invites young children to share their experiences with family friends and carers The sensitive engaging text offers gentle ideas for managing fear anger sadness and jealousy A superb book to encourage expression of feelings Now in a big book format Ages 2-6 *But Why* Tiffany Williams, 2024-07 But why am I feeling is an ABC of feelings Answering the questions which children ask us can be difficult we aim to bring a series of books not only for blended families of all types but for the larger audience of schools childminders social workers and other educational settings This book not only provides a story but a practical day to day tool which we hope will help children understand their emotions a little better and help them relate to characters within this book This second story in the But Why series is all about as the title suggests But Why am I feeling discusses emotions and feelings which can be difficult to understand This book also discusses some reasons why we may feel these emotions and how they can be managed along with some top tips for grown ups at the back A popular feature of finding Dolly in our first book has also been incorporated in this edition too

**The Feelings ABC** Deonsha Diggs, 2023-10-28 The Feelings ABC A Journey through kids Emotions is a delightful and educational children s book that takes young readers on an engaging journey through the alphabet where each letter represents a unique emotion or feeling With colorful illustrations and charming stories children will explore a world of emotions from A for Angry when a favorite toy goes missing to Z for Zealous cheers for a favorite team This book fosters emotional intelligence and empathy teaching kids that it s okay to feel a wide range of emotions and providing simple ways to understand and express them This book is a heartwarming addition to any child s library encouraging little ones to learn grow and embrace the wonderful tapestry of their own feelings [The ABCs of My Feelings and Music](#) Scott Edgar, Stephanie Edgar, 2021-03 Music and art can help us feel and express deep emotions We can be happy or sad but that is only the beginning This beautiful book explores the powerful link between art music and emotion and is ideal for deepening Social Emotional Learning SEL and building a fuller emotional vocabulary Built on the principles of SEL each page

of *The ABCs of My Feelings and Music* offers an emotion word in a piece of colorful artwork one for each letter of the alphabet Below each illustration are three classical music suggestions to listen to while observing the art Use the provided questions and a link to playlists to help unpack what children are seeing and feeling The questions can also jumpstart meaningful discussions about how art and music can affect and help us express our emotions This book is for children as well as teachers parents social workers counselors music therapists anyone who works with children and understands the power of art and music We hope this book helps you and your children students expand their emotional vocabulary have meaningful discussions about emotions and think more deeply about how music and art makes us feel

**The ABCs of Emotions and Me** MaryLou Quillen,2019-01-13 The ABCs of Emotions and Me teaches children to identify their emotions and develop an emotional vocabulary By beginning this vocabulary in the formative years it helps to raise their Emotional IQ which is linked to both academic and employment success This can be a great tool for opening a dialogue with your child about their emotions

**C is for Curious** Woodleigh Hubbard,1990 Presents an alphabet of emotions from angry to zealous

*The Amazing Alphabet of Feelings* Axel P,2026-01-13 Help your child discover a whole world of words for the way they feel from A to Z Inside every child s heart is a whirlwind of emotions Sometimes they feel as jumpy as a jitterbug and other times as quiet as a hum But finding the right words to describe those feelings can be hard Join friends Elara and Bodhi on a vibrant A Z adventure through the Amazing Alphabet of Feelings This book isn t just about learning letters it s about learning the language of the heart From Anxious and Brave to Valued and Zealous children will see that Feelings are like the weather Some days are sunny and excited and some are rainy and lonely and that is perfectly okay Naming is taming Learning words like Frustrated Determined and Uneasy helps children understand their inner world Empathy matters Seeing how Bodhi and Elara support each other teaches kids how to be a good friend Every feeling has a place Whether it s a wild happy dance of exuberance or a quiet peeping out of shyness this book celebrates the full spectrum of being human Perfect for early readers parents and educators this book turns the alphabet into a bridge for communication helping children build the confidence to tell the world exactly how they feel Click Add to Cart now and give your child the gift of emotional intelligence one letter at a time

**A Little SPOT ABC's of Feelings** Diane Alber,2023-05

*ABC Feelings* Alexandra Delis-Abrams,1989-11-01

*Abc of Feelings* Ebrima Jallow,2013-01-30 See if you can find the words hidden here for the feelings used throughout this book

**ABC Book of Feelings** Marlys Boddy,1991 Uses a Christian perspective to explore the world of emotions alphabetically from afraid to zany

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