

The Way I Feel

Written and Illustrated by Janan Cain

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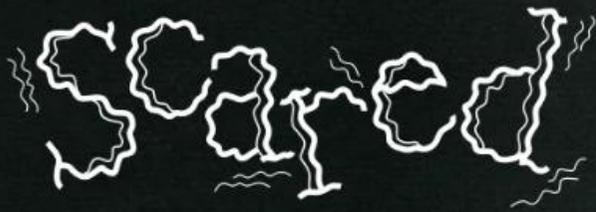
Silly

*Silly is the way I feel when I make a funny face
and wear a goofy, poofy hat that takes up lots of space*

I'm shaking because I'm **scared**,
all alone in the dark at night.

The thunder and lightning crash and roar!

Hold me close and turn on the light





The smile you see upon my face

as the sun shines in the sky

shows the world that I feel happy,

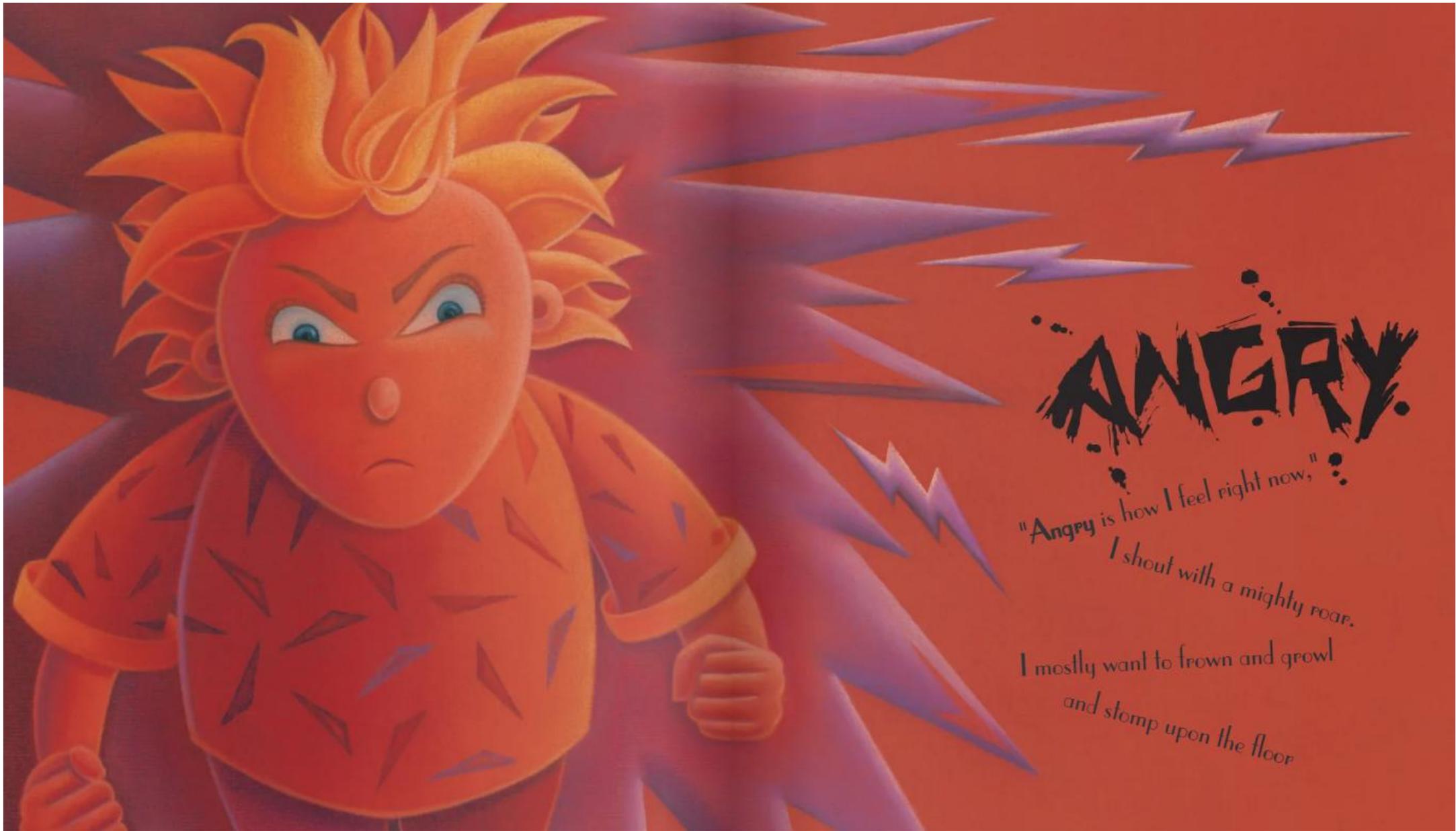
and my mood is soaring high

happy



Sometimes I feel
so very **sad**
and really
don't know why.
Instead of playing
and having fun,
I cry and cry
and cry

sad



ANGRY.

"Angry is how I feel right now,"
I shout with a mighty roar.

I mostly want to frown and growl
and stomp upon the floor



I'm bouncing like a rubber ball.

*I'm more **excited** than I can say!*

It's really hard for me to sit

When I'd rather jump and play

EXCITED



PROUD

"I did it! I did it!"
I shout to the crowd.
Getting dressed by myself
makes me feel proud



Feelings come and feelings go,
I never know what they'll be.
Silly or angry, happy or sad—
They're all a part of me!

A Note to Parents

Among my children's favorite books are word books. My children love these books because, through words, these books give them language, and through language, a better way to interact with the world around them. Emotions are an important aspect of that world, yet few word books do for emotions what many word books do for the physical world.

In this spirit I have created *The Way I Feel*, a book designed to give children the language for their emotions. My hope is that with language, children will be better equipped to understand and express their feelings.

In reading this book to your children, I'd like to offer these suggestions:

1

Ask your child what circumstances make him or her feel happy, sad, jealous, and so on.

2

Discuss how to deal with emotions. ("If you're angry, it's not okay to hit or throw things, but it is okay to stomp your feet....If you're sad, tell someone how you feel and ask for what you need.")

3

Talk about what actions or steps could be taken to change the circumstances leading to a feeling your child doesn't like.

4

Practice noticing and naming feelings by asking your child how he or she feels at different times throughout the day. Discuss the differences in emotions that may seem similar, such as sad and bored, or jealous and mad, or happy and excited.

—Janan Cain



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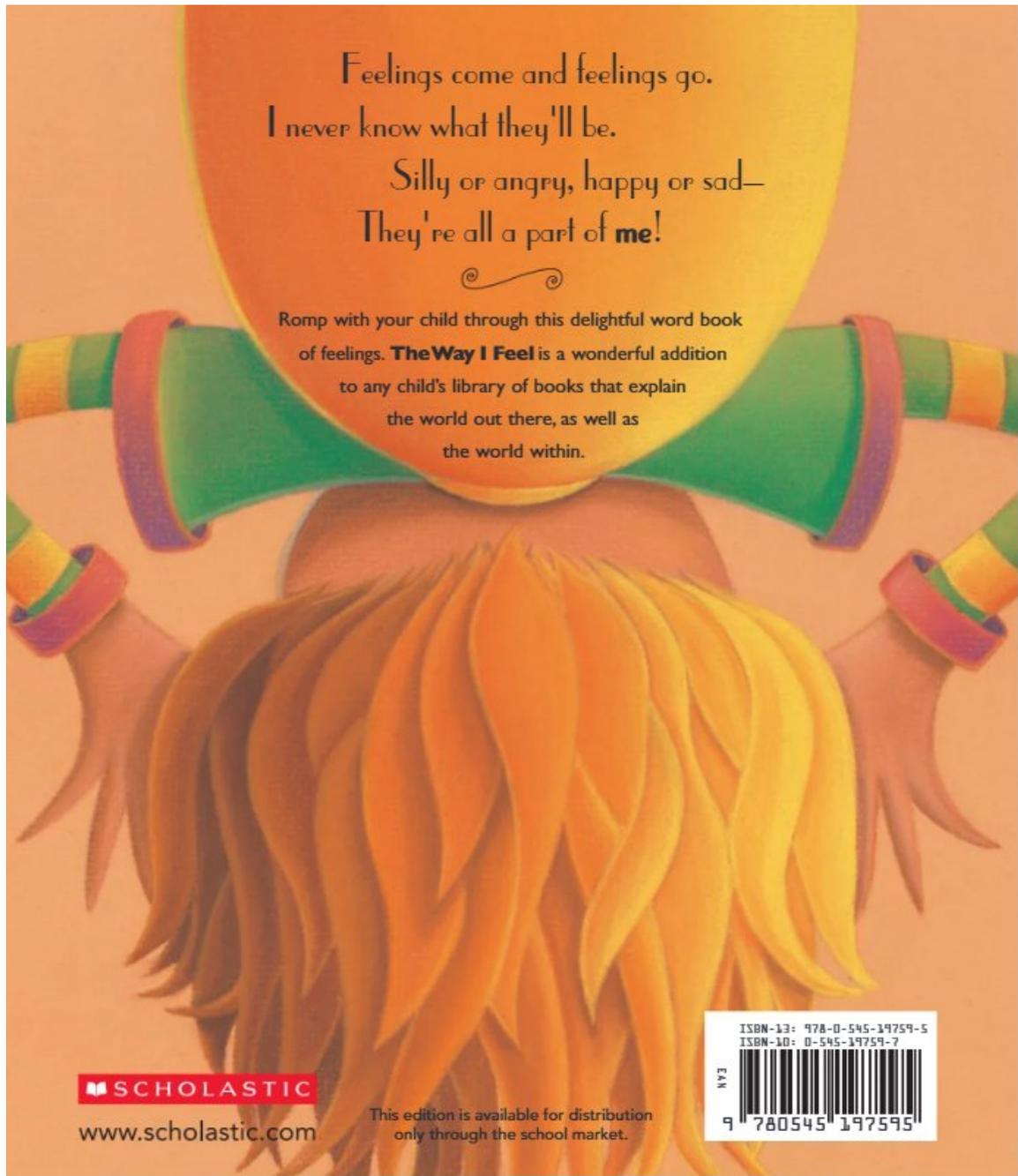
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Feelings come and feelings go.
I never know what they'll be.
Silly or angry, happy or sad—
They're all a part of **me!**

Romp with your child through this delightful word book of feelings. **The Way I Feel** is a wonderful addition to any child's library of books that explain the world out there, as well as the world within.

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This edition is available for distribution
only through the school market.



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