

## Emotions Face Flashcards Printable

Children love to unwind and relax with this fun exercise known as "muscular relaxation". Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD.

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume Trauma-Focused CBT for Children and Adolescents: Treatment Applications for more information on tailoring TF-CBT to children's varying developmental levels and cultural backgrounds.

Offers a whimsical look at feelings and how they appear, from which animals are expressly forbidden, but show up anyway, in a book illustrated with works from such contemporary artists as Damien Hirst, Jeff Koons, and Takashi Murakami.

Sometimes I feel silly. Sometimes I feel like eating pizza for breakfast. Sometimes I feel brave. Sometimes I feel like trying something new... The Feelings Book vibrantly illustrates the wide range of moods we all experience. Kids and adults will appreciate Todd Parr's quirky intelligence as he pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes.

Mootilda's Bad Mood

Today I Feel . . .

A Curriculum Designed to Foster Self-regulation and Emotional Control

The Feelings Book

The Zones of Regulation

Feeling Buddies Self-Regulation Curriculum

*Now Available in Paperback! In Einstein Never Used Flashcards highly credentialed child psychologists, Kathy Hirsh-Pasek, Ph.D., and Roberta Michnick Golinkoff, Ph.D., with Diane Eyer, Ph.D., offer a compelling indictment of the growing trend toward accelerated learning. It's a message that stressed-out parents are craving to hear: Letting tots learn through play is not only okay-it's better than drilling academics! Drawing on overwhelming scientific evidence from their own studies and the collective research results of child development experts, and addressing the key areas of development-math, reading, verbal communication, science, self-awareness, and social skills-the authors explain the process of learning from a child's point of view. They then offer parents 40 age-appropriate games for creative play. These simple, fun--yet powerful exercises work as well or better than expensive high-tech gadgets to teach a child what his ever-active, playful mind is craving to learn.*

*Over 100 simple preschool activities that use everyday materials. You don't need to invest a lot of money to teach your child at home. Activities are short, with minimal prep so you can fit some learning into your day The book is organized into nine categories of learning; literacy, math, science, sensory, art, fine motor, gross motor, social-emotional, and bedtime reading tips. Activities have been created using various state standards for PreK and have tips for making activities easier or harder to fit your child. An Appendix filled with links to free printables, song lyrics, nursery rhymes, my favorite playdough recipe, and more.*

*A child's emotions range from silliness to anger to excitement, coloring and changing each day.*

*One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.*

Everyday Preschool

How Our Children Really Learn--and Why They Need to Play More and Memorize Less

A Little SPOT of Feelings and Emotions Flash Cards

Our Feelings Bulletin Board

The Day The Crayons Quit

Aroha's Way

**For difficult or challenging children and teenagers in therapeutic or school settings, creative activities can be an excellent way of increasing enjoyment and boosting motivation, making the sessions more rewarding and successful for everyone involved. This resource provides over one hundred tried-and-tested fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers aged 5+.**

**Employing a variety of expressive arts including art, music, stories, poetry and film, the activities are designed to teach social skills development, anger control strategies, conflict resolution and thinking skills. Also included are character education activities and ideas for conducting therapeutic day camps, including sample schedules and handouts. The activities can be used in many different settings with all ages, are flexible, and**

can be adapted for use with individuals or groups. Brimming with imaginative ideas, this resource will be invaluable to anyone working with children and teenagers, including school counselors, social workers, therapists, psychologists and teachers.

Everyone feels mad sometimes, even Daniel Tiger! What helps him feel better? Find out in this chunky board book that's part of a new Daniel Tiger's Neighborhood feelings subseries. When you feel so mad that you want to roar, take a deep breath and count to four! When Daniel Tiger feels MAD, he stomps his feet and roars. Then he remembers to take a deep breath and count to four. Soon he feels better. What do you do with the mad that you feel? Come along with Daniel as he and his friends learn how to handle feeling angry. This adorable book includes tips for parents and caregivers to help guide little ones through their emotions. Look for the companion title, I'm Feeling Happy. © 2016 The Fred Rogers Company

Focus on Feelings is a collection of photo-illustrated lessons that help adolescents and young adults recognize and understand the way people are likely to feel in a variety of life situations. The lessons include photo-illustrated stories with main characters of all ages and ethnicities.

From the critically acclaimed author and illustrator of A Hungry Lion comes a unique Halloween story about a stemless pumpkin who dreams of becoming a jack-o-lantern.

Stumpkin is the most handsome pumpkin on the block. He's as orange as a traffic cone! Twice as round as a basketball! He has no bad side! He's perfect choice for a Halloween jack-o-lantern. There's just one problem—Stumpkin has a stump, not a stem. And no one seems to want a stemless jack-o-lantern for their window. As Halloween night approaches, more and more of his fellow pumpkins leave, but poor Stumpkin remains. Will anyone give Stumpkin his chance to shine?

Darwin and Facial Expression

A Century of Research in Review

The Way I Feel

The Grouchy Ladybug

Feelings to Share from a to Z

Focus on Feelings

***Reading makes you feel good because... You can imagine you are a scary dinosaur, You can make someone feel better when they are sick, And you can do it anywhere! Reading Makes You Feel Good will inspire and encourage young children to delight in the joyful, rewarding experience of reading. With Todd Parr's trademark bright, bold pictures and silly scenes, kids will learn that reading isn't something that just happens at school or at home-it can happen anywhere! Todd shows us all the fun ways we can read- from in the library and in bed to in the bathtub and on the road. Targeted to those first beginning to read, this book invites children to read the main text as well as all the funny signs, labels, and messages hidden in the pictures.***

***This e-book includes audio narration. Mr. Fish wants to help his friend Ms. Clam when she loses her pearl, but though he's fast as a sailfish, as smart as dolphin, and as strong as a shark, Mr. Fish has a secret: he's scared of the dark! Very young children will swim along with Mr. Fish as he journeys deep into the ocean to new and mysterious places. They will discover, as Mr. Fish does, the power of friendship to light the way through the big-big dark.***

***Developing Talents: In this updated and expanded edition, the authors take an in-depth look at a growing area of the U.S. economy: entrepreneurship. Using real-life examples, they point out that many of the unique characteristics of individuals on the autism spectrum lend themselves well to entrepreneurial ventures. The book also explores many often unnoticed aspects of Vocational Rehabilitation programs that provide job training and placement for people with disabilities as well as Social Security Administration programs that offer vocational assistance. Finally, employment figures and prospects have been updated and new jobs have been added that are particularly well suited for those on the spectrum, resulting in the most current look at the employment prospects for individuals with Asperger Syndrome and high-functioning autism.***

***Come along on a journey with Aroha, as she wards off nervousness, fear, worrying thoughts and apprehension, with simple, yet effective tools that everyone can use.***

**Flash Cards**

**Reading Makes You Feel Good**

**Test Prep Including 350+ Flash Cards for the Praxis 5235 Exam**

**Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing to Help Control Anger**

**A Little SPOT of Feelings**

**40 Activities to Help You Learn to Live in the Moment**

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

This simple tool children as well as parents and therapists helps youngsters identify their feelings, then engage their wise owl mind to accept or cope with intense or difficult emotions. On these pages, facial expressions depict a range of feelings and moods--from happy to sad, friendly to shy, hopeful to angry, and more--that can be matched to the child's current state of being. On the back of each card different strategies relevant to the card's particular feeling or mood are suggested, including asking for help, deep breathing, talking about feelings, finding a quiet place to calm down, and asking for a

turn. 48 laminated pages. 6-1/2 wide x 7-3/4 high (16.5 cm wide x 19.7 cm high). Wire-o binding with built-in accordion stand.

Did you know that wrestlers have feelings? Knights do too. Even superheroes feel sad sometimes. In fact everyone has feelings, even dads who love their children!

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

Feelings

Focused Assessments and Targeted Lessons for Helping Every Student Become a Better Reader

There Are No Animals in This Book (Only Feelings)

Representations of Emotions

Praxis II Biology Content Knowledge (5235) Rapid Review Flash Cards

Bad Brows

*Teachers facing the challenge of meeting the diverse reading needs of students will find the structure and tools they need in Jan Richardson's powerful approach to guided reading. Richardson has identified the essential components of an effective guided reading lesson: targeted assessments, data analysis that pinpoints specific strategies students need, and the use of guided writing to support the reading process. Each chapter contains planning sheets to help teachers analyze assessments in order to group students and select a teaching focus Includes detailed, ready-to-go lesson plans for all stages of reading: emergent, early, transitional, and fluent*

*Praxis II Biology Content Knowledge (5235) Rapid Review Flash Cards: Test Prep Including 350+ Flash Cards for the Praxis 5235 Exam is a flash card book offering test-takers a full review of the subject matter covered on the Praxis II Biology Content Knowledge exam. Cirrus Test Prep's Praxis 5234 Biology flashcards are a REVIEW of: The Nature of Science Molecular and Cellular Biology Genetics and Evolution Biological Classification Animals Plants Ecology Technology and Social Perspectives About Cirrus Test Prep Developed by experienced current and former educators, Cirrus Test Prep's study materials help future educators gain the skills and knowledge needed to successfully pass their state-level teacher certification exams and enter the classroom. Each Cirrus Test Prep study guide includes a detailed summary of the test's format, content, and scoring; an overview of the content knowledge required to pass the exam; worked-through sample questions with answers and explanations; full-length practice tests including answer explanations; and unique test-taking strategies with highlighted key concepts. Cirrus Test Prep's study materials ensure that new educators feel prepared on test day and beyond.*

*"Little Red Fox affirms that ALL feelings are a natural, normal part of experiencing life. Sometimes we feel happy, sometimes we feel sad, sometimes angry, sometimes loved! Approaching feelings with understanding instead of trying to change them actually helps them simmer down. Little Red Fox notices each of her feelings, what prompted them, then she gets to decide how to act on them. This creates a healthy pattern for readers to use in their own lives. In the end, we may not always have control over how we feel (and that's okay!), but we can notice feelings, figure out what prompted them, and then decide how to act on those feelings . . . and that's most empowering of all!"--Amazon.com*

*"I'm in a bad MOOOOOD!" Mootilda's in a bad mooood! She visits her friends on the farm to try to change her tune, but one bad thing after another keeps happening. She skips and trips and spills milk everywhere. She tries to alley-oop but misses the hoop, and there's a big crash at the chicken coop. Her day has been a cow-tastrophe! Is there any way Mootilda can turn her bad mooood around?*

*A Book about Exploring Emotions*

*A Little SPOT of Kindness!*

*The Next Step in Guided Reading*

*Treating Trauma and Traumatic Grief in Children and Adolescents*

*The Big Book of Therapeutic Activity Ideas for Children and Teens*

*I'm Feeling Mad*

*Debut author Drew Daywalt and international bestseller Oliver Jeffers team up to create a colourful solution to a crayon-based crisis in this playful, imaginative story that will have children laughing and playing with their crayons in a whole new way.*

*It's the Grouchy Ladybug's 20th birthday. To celebrate, we are introducing a new, larger format edition with brighter, more colorful pages created from Eric Carle's original artwork using the latest reproduction technology. The Grouchy Ladybug is bigger and brigher, as irascible but irresistible as ever and will surely delight new generations of readers, as well as her devoted fans of all ages. Happy Birthday, Grouchy Ladybug!*

*Combined set of Draw on Your Emotions and The Emotions Cards. Draw on Your Emotions is a bestselling resource to help people of all ages*

*express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. The second edition of Draw on Your Emotions contains a new section that explains how to get the most out of combining the activities in the book with these cards to encourage meaningful conversations and take steps towards positive action. The Emotion Cards are 48 emotive and artistic images designed to help people to review their emotions and their relationships in a meaningful and often transformative way. The cards are designed to capture the deeper truth of how people experience their life, offering poignant descriptions for what someone may be feeling.*

*This classic picture book from beloved author-illustrator Aliko is a great way to explore feelings with younger kids, whether at home or in the classroom. Happy, sad, shy, excited—how do you feel? No matter the emotion, Feelings explores it—and helps children understand and express their own feelings. Best-selling author Aliko uses a child-friendly cartoon style to build empathy and awareness in young readers—and to help them find appropriate ways to handle their feelings. Short, funny comics show how children might feel in different situations—at a birthday party, when a beloved pet dies, on the first day of school, and more. A timeless classic ideal for sharing. "Children often have difficulty articulating emotions. That fact is the underpinning for Aliko's catalog of feelings, be they happy, sad, or somewhere in between." —Booklist "A delightful book." —New York Times Book Review*

Stumpkin

Draw on Your Emotions Book and the Emotions Cards

The Colour Monster

Tough Guys (Have Feelings Too)

A Children's Guide Through Emotions

Today I Feel Silly & Other Moods that Make My Day

**Help young children build social-emotional skills with the Our Feelings bulletin board set. Twelve emotion cards feature real photos of children. The How I Feel Today spinner helps children identify their feelings. Also includes a poster to help children calm down when they feel upset.**

**Beautifully illustrated by Madalena Moniz's subtle watercolors, Today I Feel . . . follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.**

**Colorful illustrations and rhyming text introduce words that express feelings and emotions.**

**In Darwin and Facial Expression, Paul Ekman and a cast of other notable scholars and scientists, reconsider the central concepts and key sources of information in Darwin's work on emotional expression. First published in 1972 to celebrate the centennial of the publication of Darwin's, The Expression of the Emotions in Man and Animals, it is the first of three works edited by Dr. Ekman and others on the subject. This Malor edition contains new and updated references. Darwin claimed that we cannot understand human emotional expression without understanding the emotional expressions of animals, as our emotional expressions are in large part determined by our evolution. Not only are there similarities in the appearance of some emotional expressions between man and certain other animals, but the principles which explain why a particular emotional expression occurs with a particular emotion also apply across species. Paul Ekman is co-author of Unmasking the Face (Malor Books, 2003) and more than thirteen other titles. He is professor emeritus of psychology in the department of psychiatry at the University of California Medical School, San Francisco and a frequent consultant on emotional expression to the FBI, the CIA, the ATF, as well as the animation studios Pixar and Industrial Light and Magic.**

Fruits

Calm - Mindfulness Flash Cards for Kids

Developing Talents

Emotion Detective

Little Red Fox Has Feelings

Einstein Never Used Flash Cards

Hilarity ensues when a boy's eyebrows go rogue in this riotous picture book from the bestselling author of How to Grow a Girl. In the morning, Bernard wakes up to find that his eyebrows have gone rogue. They're sabotaging Picture Day, taunting his growing, growing, growing out of control! All attempts to wrangle these bad brows just seem to make them angrier. Why are Bernard's eyebrows behaving so badly? And what do they want? From Mike Petrik and bestselling author Carter Eaton comes a hilarious romp about everything your face can—and does!—express.

Mood Flip Book

Simple Educational Activities for Busy Families who Never Planned on Homeschooling.

Careers for Individuals with Asperger Syndrome and High-functioning Autism

Inspiring Arts-Based Activities and Character Education Curricula

An Alphabet of Feelings

The Pout-Pout Fish in the Big-Big Dark