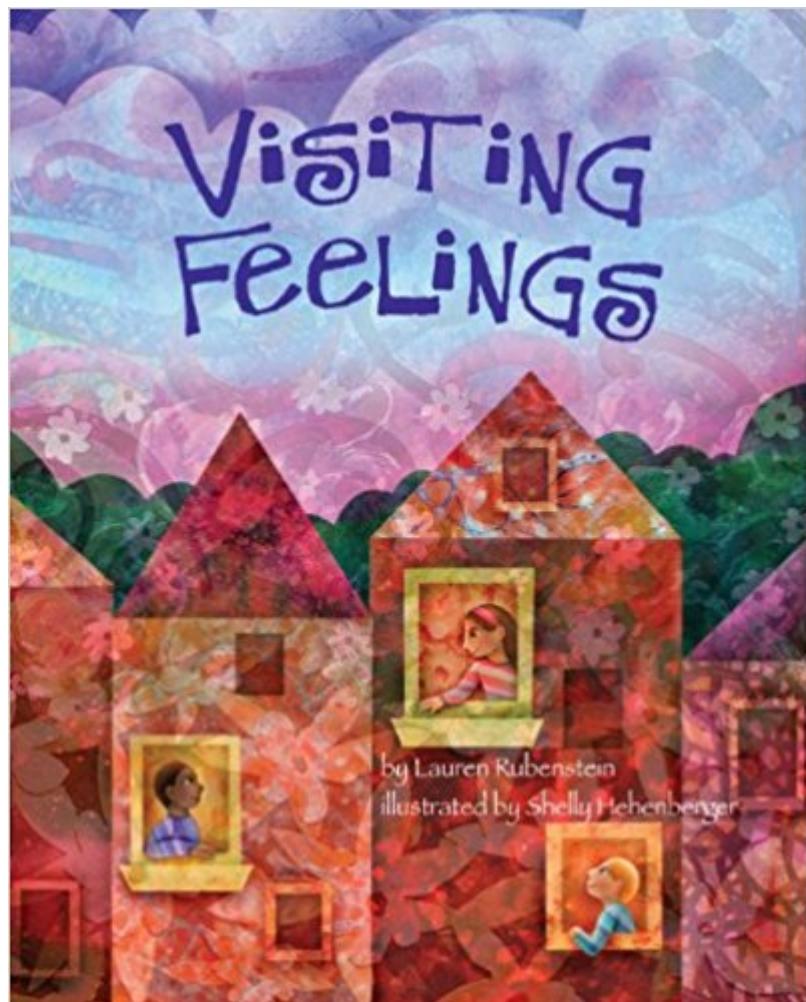


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# Visiting Feelings



## **Synopsis**

Gold Medal, 2013 Mom's Choice Awards > Silver Medal, 2014 Nautilus Awards. Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, *Visiting Feelings* invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

## **Book Information**

Hardcover: 32 pages

Publisher: Magination Press; 1 edition (September 15, 2013)

Language: English

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Product Dimensions: 0.5 x 8.2 x 10.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 59 customer reviews

Best Sellers Rank: #34,840 in Books (See Top 100 in Books) #118 in Books > Medical Books > Psychology > Clinical Psychology #127 in Books > Health, Fitness & Dieting > Mental Health > Emotions #8195 in Books > Children's Books

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## **Customer Reviews**

K-Gr 3 • Through a poetic text, children are encouraged to identify and explore their emotions. "Do you have a feeling/that's visiting today?/Can you open your door/and invite it to play?/Can you ask what it wants,/and then check it out?" Readers are asked to embrace their feelings, to treat them like friends. Feelings are described through the use of similes and metaphors: "Is it sharp like stepping/on stones with bare feet?/Or smooth like ice cream-your favorite treat?" They are also personified: "Is it warm or cold?/Sour or sweet?/Does it shiver with fear/when the two of you meet?" The full-page, digitally created illustrations feature hand-painted textures and overlays. They have a dreamy quality as the feelings swirl around the youngsters in soft pastel

colors. The end pages offer additional information for parents. The high-quality, appealing art will hold the attention of younger children, but discussion will be necessary for understanding this lyrical flow of moods. Paired with Wendy Cooper's *A Is Amazing: Poems About Feelings* (Frances Lincoln, 2013), the book has a lot of potential for teaching students how to describe their reactions to different situations. •Sandra Welzenbach, Villarreal Elementary School, San Antonio, TX

Visiting Feelings presents an exquisite lesson in mindfulness and dealing with emotions by letting children know it's OK to feel however they may and simply embrace the experience. The book stresses that feelings are neither bad nor good, they just are. Welcoming your feelings in, and actually making friends with them, is the best way to learn more about yourself and what your emotions are trying to teach you. The lesson is simple yet deep and playfully accessible for children and adults alike. --AnxietyFreeChild.com This lyrically illustrated beauty of a book is the doorway into accepting feelings that arise and accepting oneself for experiencing those feelings. From the first page through the last, a light-hearted, rhyming poem encourages the young reader to welcome and listen to feelings, as though they are visitors, inquiring into shape, color, image, location in the body, and the origin of the feeling. In the author's note to parents, she includes activities adults and children can do together to increase meaning and connection between them, along with breathing and self-awareness exercises. Written by a psychologist and yoga teacher, this book belongs on the shelf of everyone who serves children parents, grandparents, therapists, aunts, uncles and teachers. --LifeForce Yoga A beautifully illustrated children's book; a soft poem that is a lullaby to children in preschool or primary grades that takes a mindfulness-based approach to the many feelings that children will experience...Visiting Feelings by Lauren Rubenstein, a clinical psychologist, and illustrated by Shelly Hehenberger is one of those books you can cuddle up and read with a child on the couch or before bedtime. --Lily's Blackboard A beautifully illustrated children's book; a soft poem that is a lullaby to children in preschool or primary grades that takes a mindfulness-based approach to the many feelings that children will experience...Visiting Feelings by Lauren Rubenstein, a clinical psychologist, and illustrated by Shelly Hehenberger is one of those books you can cuddle up and read with a child on the couch or before bedtime. --- Lily's Blackboard

This is a children's book for the ages! "Visiting Feelings" is magnificently illustrated and playfully written. It invites children to explore and welcome all of their feelings, without feeling threatened or judged. Lauren Rubenstein uses poetry, imagery and mesmerizing illustrations to help children "embrace" their feelings, rather than deny or resist them. It makes all feelings safe to have. My

friend's child read it and remarked, "it just makes you feel good to read it. You kind of want to read it again and stare at the pictures." Visiting Feelings is targeted to children, but it will resonate with everyone who reads it. I highly recommend it!

This book avoids labeling feelings or defining them as good or bad. Instead it helps children look at their tough feelings and feel them out and describe how they feel and how they make them feel. It has easy flowing rhythm and beautiful pictures. It has inspired several conversations with my 4 and 6 year old about different kinds of feelings. I sometimes read it to them when they are having a tough time and, even if they don't want to talk about their current experience, it does seem to calm them down. It's enough knowing that it's ok to have whatever feeling you are having.

As a psychologist who works with children, I was pleased to find this book that encourages children to experience feelings without labeling them or pressing to make them go away. If we can help children to accept their own emotions and to recognize that feelings come and go over the course of a day, then we can help them to make more conscious decisions about how they respond. Children will benefit from adult guidance and interaction as they read this book, particularly the first time through.

Love the artwork and didn't love the feelings I had as it explained feelings... I guess I'd better take that up with my therapist. My 3 year olds were not interested in this book. I think the descriptions of feelings are too vague is my best guess about it -- I don't know. I will try again as they grow.

Woah! This book is incredible -beautiful art, diverse children represented, great concepts in emotions, good writing. And to top it all off... Brief tips and tools for adults in the back. Are you kidding me?! I love this book. People should hand these out in birthing centers.

After forty years of reading, studying, practicing, presenting workshops and even self-publishing my own personal encounter with Oneness--a result of mindfulness-I would have to say this children's book actually provides parents an opportunity to finally connect with their feelings under the guise of helping their children to be in touch and identify their own. This is a book you want to read to your child as often as possible so you can re-connect with your own inner child and make friends with the feelings you have been avoiding for a very long time. I loved the simplicity, the exactness, the beautiful illustrations, and of course the parental notes and suggestions at the end of the book. Give

this to every child you know regardless of their age. Beautiful. Thank you.

Absolutely love this book - the illustrations are beautiful, and it conveys a great message about mindful awareness and acceptance of feelings. It's worth noting that feelings are never explicitly named, only described in metaphors such as "light as a cloud floating on air / or heavy and huge like a grizzly bear". As a result, it is not ideal as a first book for teaching young children about feelings; but it's a great choice for slightly older children and even adults, especially anyone going through a tough time.

I adore this book. As a clinical psychologist and a Mom of young children, I find this to be a wonderful book- not only in how beautifully it is written, but the illustrations as well. If I could give it 6 stars I would. I saw this book first in the library and that afternoon I ordered it. This is one book I want to have as one of our own. Thanks so much to the authors for writing and drawing such a lovely book.

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