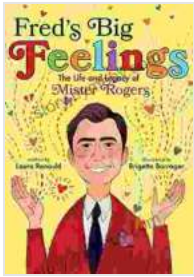


Fred Big Feelings: A Book to Help Kids Understand and Manage Their Emotions

About the Book

Fred Big Feelings is a book that helps kids understand and manage their emotions. It is a valuable resource for parents, teachers, and other adults who work with children.



Fred's Big Feelings: The Life and Legacy of Mister

Rogers by Laura Renauld

★★★★☆ 4.8 out of 5

Language : English

File size : 27369 KB

Screen Reader: Supported

Print length : 40 pages



The book is written in a clear and engaging style, and it is illustrated with colorful and humorous drawings. The book covers a wide range of topics, including:

- What are emotions?
- How to identify and name emotions
- How to manage emotions in healthy ways
- How to talk to others about emotions

Fred Big Feelings is a valuable resource for children and adults alike. It is a book that can help kids to understand and manage their emotions, and it is a book that can help adults to support the children in their lives.

What Others Are Saying About Fred Big Feelings

"Fred Big Feelings is a wonderful book that helps kids to understand and manage their emotions. It is a valuable resource for parents, teachers, and other adults who work with children." - Dr. Jane Nelsen, author of Positive Discipline

"Fred Big Feelings is a fun and engaging book that helps kids to learn about their emotions. The illustrations are colorful and humorous, and the text is clear and easy to understand." - The National Parenting Center

"Fred Big Feelings is a great book for kids of all ages. It helps them to understand their emotions and how to deal with them in a healthy way." - Common Sense Media

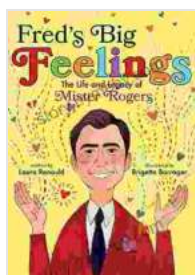
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Fred Big Feelings is available in hardcover, paperback, and e-book formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

Bonus Materials

When you Free Download your copy of Fred Big Feelings, you will also receive a free downloadable activity book. The activity book includes fun and engaging activities that can help kids to learn more about their emotions.

Click here to Free Download your copy of Fred Big Feelings today!



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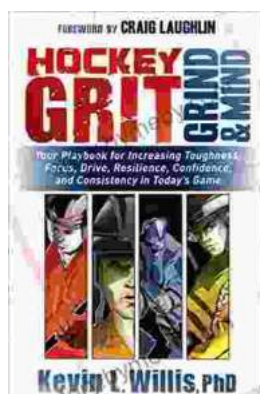
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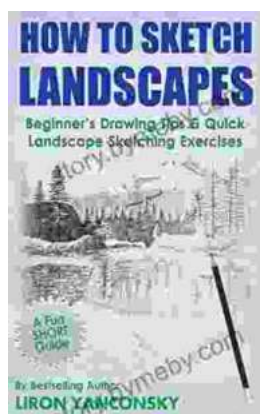
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