

BOOK STALL



At Times I Get These Feelings

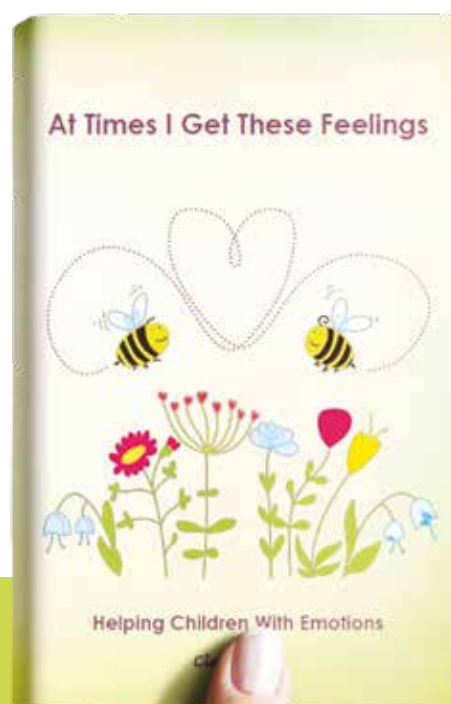
Following the success of her book *Love Will Never Die*, Clare Shaw has gone on to write a further therapeutic story to aid children with their emotions. The book is a follow on, with the aim of helping children in the long term after losing someone close to them, although written as a much more generic theme.

Naturally, children can struggle to identify and deal with strong emotions and this can lead to behavioural outbursts that can be seen as misbehaving. This can be very common with those who have lost a loved one as they still struggle to deal with the confusion this brings. As an example, *At Times I Get These Feelings* deals with anger and how this is a secondary emotion that has been reached by something underlying, such as grief.

With an ever-growing concern in the UK around our child mental health “crisis”, this book helps to get children talking at a young age, in a similar way to *Love Will Never Die*. The book is being used in schools around the country. The author has used very direct but child-friendly language, written in rhyme. The book includes pages of activities, and areas where the child can express themselves freely, making this a truly personal journal. All the techniques used within the book came from school Emotional Literacy Support Assistants (ELSAs) and child therapists and are tried and tested methods.

Children can often find it difficult to identify with an emotion. It isn't always easy for them to articulate what they are feeling. This book covers twelve main emotions and is packed full of tips and activities to help children with their emotional literacy.

“NATURALLY, CHILDREN CAN STRUGGLE TO IDENTIFY AND DEAL WITH STRONG EMOTIONS AND THIS CAN LEAD TO BEHAVIOURAL OUTBURSTS”



Publisher: Clare Shaw Children's Books
Available on Amazon and from www.cskidsbooks.com
Paperback from £9.75
ISBN-13: 978-0995759640