



# How are you feeling today?

Potter, Molly, author.

Jennings, Sarah, illustrator.

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## Description

Children have strong feelings and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears! A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Notes at the back of the book provide more ideas for parents and carers to use with their child and other strategies to try out together to practice the all-important skill of dealing with feelings.

## Author

Molly Potter taught for 11 years in middle schools as a class teacher, science and PSHE co-ordinator. She then worked for several years as an SRE (Sex and Relationships Education) Development Manager, delivering teacher training and supporting primary schools in the development of their SRE programme and policy and many other aspects of PSHE. Molly now works as a teacher in a short-stay school with children that have been or are at risk from being excluded from mainstream schools - putting much of her PSHE expertise into practice. She thoroughly enjoys writing teacher materials and prides

herself on being able to spice up any learning objective however boring it might appear at first!