Helping your children choose books they will love

I reading

Lovereading4kids.co.uk is a book website created for parents and children to make choosing books easy and fun

Opening extract from

The Great Big Book of Feelings

Written by

Mary Hoffman

Illustrated by

Ros Asquith

Published by

Frances Lincoln Children's Books

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Please print off and read at your leisure.

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For Viola and Elodie Harvey, with love - MH
To Isabel, Alexina and Charlotte, with love - RA

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The Great Big Book of Feelings

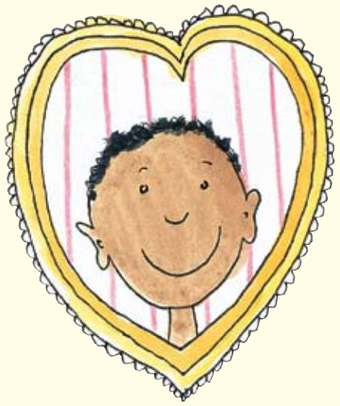
Mary Hoffman
Illustrated by Ros Asquith

FRANCES LINCOLN
CHILDREN'S BOOKS

How do you feel today?

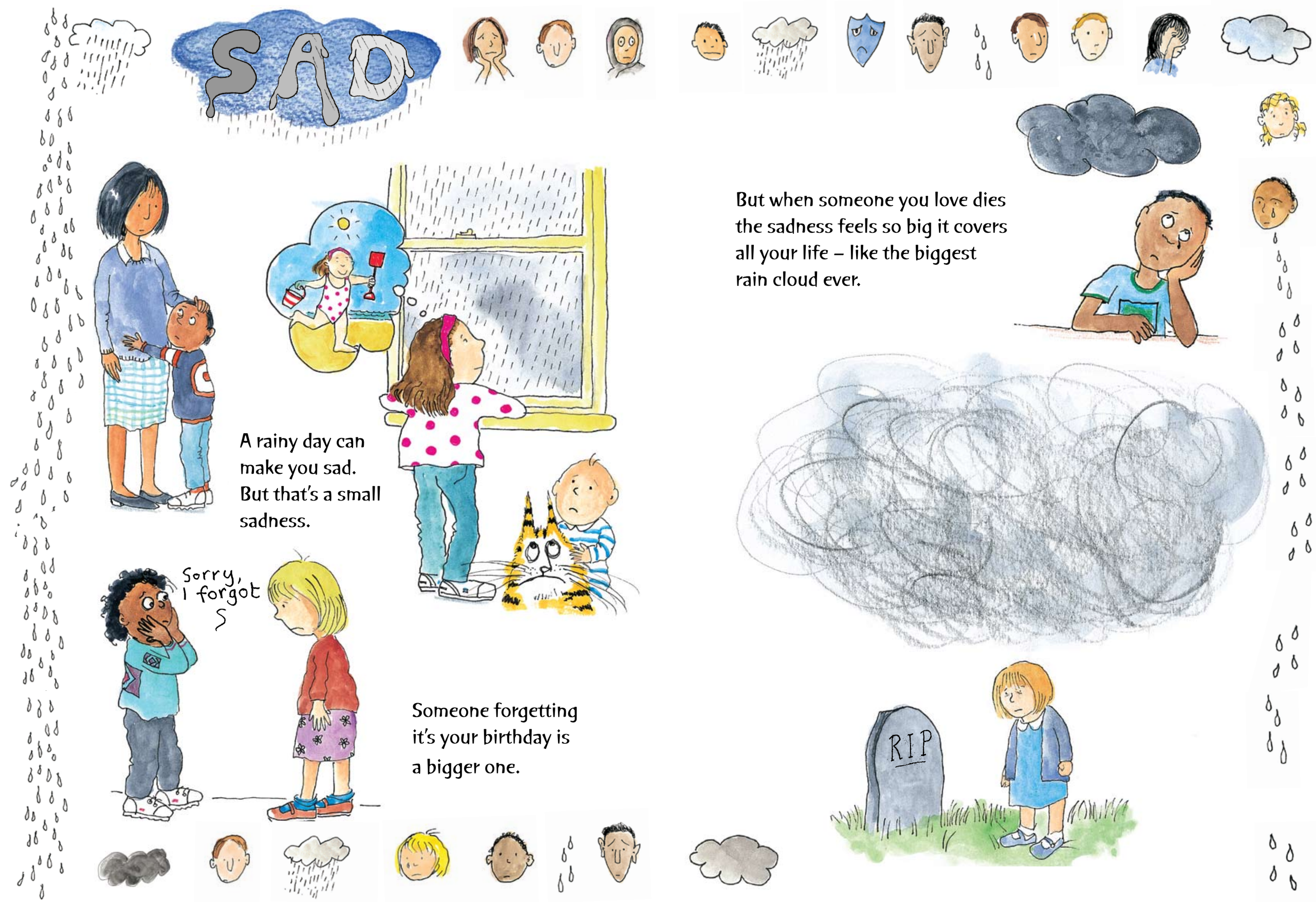
How do you think these children are feeling?

It isn't always easy to tell.



HAPPY
What makes you happy?
Very nice. Now, where's my supper?
Perhaps cuddling your pet.
Or reading your favourite book.
Some people just seem born happier than others.
And it can be enough for the sun to be shining to make you feel very happy.

SAD



A rainy day can make you sad. But that's a small sadness.

But when someone you love dies the sadness feels so big it covers all your life – like the biggest rain cloud ever.

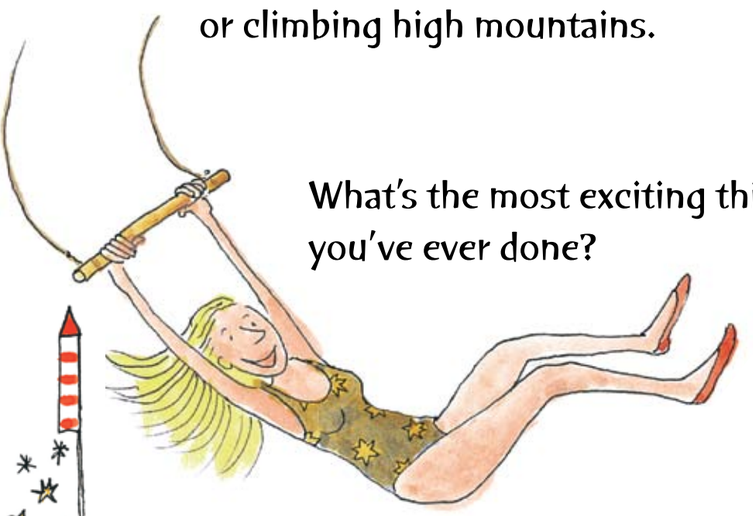
Someone forgetting it's your birthday is a bigger one.

Excited

What makes you feel excited?

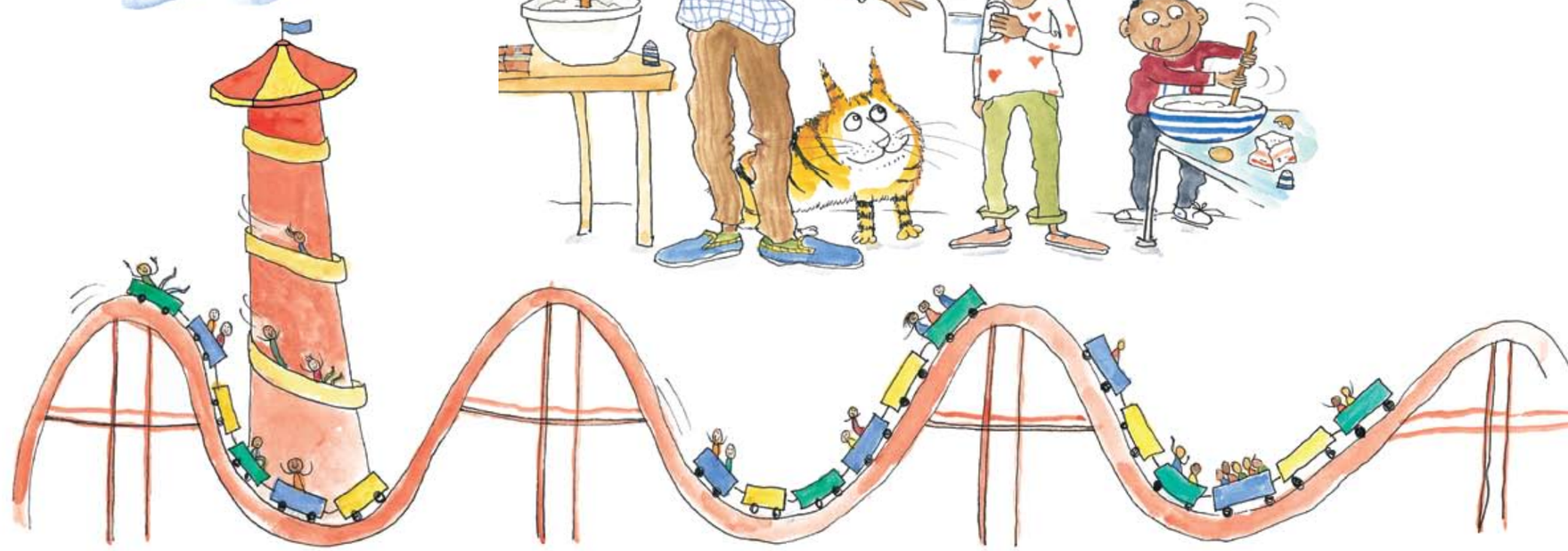
We can get very excited just about going on an outing.

But some people do *really* exciting things like jumping out of planes or climbing high mountains.



What's the most exciting thing you've ever done?

Bored

When there is nothing exciting going on, you can feel bored. Grown-ups hate it when you say "I'm bored". Maybe because they never have time to be bored.

Something you think is boring might turn out to be interesting – even exciting – if you give it a try!