



## In My Heart: A Book of Feelings

*Jo Witek , Christine Roussey (Illustrations)*

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**In My Heart: A Book of Feelings** Jo Witek , Christine Roussey (Illustrations)

*Sometimes my heart feels like a big yellow star, shiny and bright.*

*I smile from ear to ear and twirl around so fast,*

*I feel as if I could take off into the sky.*

*This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. *In My Heart* explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged.

### In My Heart: A Book of Feelings Details

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Author : Jo Witek , Christine Roussey (Illustrations)

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## **From Reader Review In My Heart: A Book of Feelings for online ebook**

### **Emmaline MacBeath says**

Each page of this book talks about a different emotion and the cut out hearts grow smaller until the end of the book. A little girl describes how she feels with each emotion. On sad days her heart feels heavy like an elephant. On happy days her heart feels shiny and bright like a yellow star.

The illustrations are simple and colorful. The cut out hearts on each page add a fun element.

This story was originally written in French and translated into English. Although the examples are at times a bit abstract ("But other times my heart is cool. I bob along gently like a balloon on a string...This is when my heart is calm.") this is a wonderful way for children to understand emotions. The book is advertized for ages 2-4. I do not believe this young age will understand the full meaning of the examples. I think ages 4-7 would be a better audience. It would also be a great book to use for those on the autism spectrum who would benefit from the descriptive language. I would have liked to have seen a boy as well as a girl narrate the story, but oh well.

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### **Meghan Douglas says**

Beautiful book that provides preschoolers with the vocabulary to name and discuss their feelings.

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### **Lisa says**

Buy this book for everyone you know. Read it aloud and get your children or grandchildren to read it aloud to you. Talk about feelings. A wonderful gift to give anyone going through a loss, or bad times. Great conversation starter. Cheerful, happy and a delight to read.

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### **LAILA says**

I know it's a children's book, but I read this in Shakespeare and Company in Paris! The place is amazing!

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### **Laura says**

This book is a work of wonder and art. Gorgeous and fun! Feelings, colors, words, hearts, hearts, and hearts! So much heart. Look at that cover! The rainbow die-cut heart design will have readers of all ages flipping the pages again and again to watch the hearts grow, shrink, and change.

Happy. Brave. Mad. Calm. Sad. Afraid. Silly.

In My Heart: A Book of Feelings shares and describes them all and more. I loved how feelings were exhibited on the page with words and big, playful pictures—from stars to elephants. Every feeling is defined and described in ways that readers can relate to and understand.

**”When it’s time for a bit of fun, my heart feels full of giggles and wiggles. Abracadabra! I hop around like a bouncy bunny. This is when my heart is silly.”**

Our moods and hearts can change from one moment to the next. This beautiful book shows that in more ways than one.

Highly recommended.

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### **Scott says**

A great book that discusses feelings for kids, and shows that having feelings, whether happy or sad, is good and normal.

A heart shaped hole is in the middle of the book. Clever.

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### **carpe librorum :) says**

Um livro de coração coloridamente aberto:

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### **Aleska Sever says**

This is my favorite book. I like it because it is a book that allows the reader to see himself through feelings. The storyline is about a little girl who talks about different types of feelings and how she perceives and expresses them. The language used is simple, lyrical and demonstrative, which is expressed through short paragraphs. This is a great book that can be used as a support for the child's socio-emotional development. One of the aspects that attracts the book is its physical aspect. In its cover we can see a great heart die-cut, with the edges in different colors and that decreases in size as we explore each of the feelings. The illustrations are made on a white background which highlights each aspect of the drawing. The images have colors of the eye of the child. In addition, the drawings give the impression of being colored by hand. Another aspect to highlight in this book is how the author develops the transition of feelings. This book can be cataloged as therapeutic, since the child is presented with different ways in which he can exemplify what he feels. The aspects that I would emphasize when reading this book would be important and the narrative that is to express what we feel. Also talk about respect for the feelings of the other, in which occasions we can hurt the feelings of the people around us. I think that this is an interesting book for young children because they can be seen reflected in the feelings of the girl and their different ways of expressing them.

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**Angelina says**

3.5 stars. I really nice way to explain the most common emotions to children.

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**Cody says**

feeeeeeeelings!

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**Samantha says**

A description of different emotions set against die-cut pages of hearts decreasing in size until the point in which readers are asked to consider their own present emotions.

Nice addition to the offerings on the subject of emotions in children. I especially liked that proud and brave were included in this book. PreK-2.

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**Kimberly says**

Charming. Would have liked to see a little boy share the feelings spotlight though. There's enough of this kind of thing for girls already. Boys have feelings too!

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**Leslie Reyes says**

I read this bio, and went to go buy my own copy. This book explores feelings and emotions. The layout and format were also great because of the cut outs. The illustrations were colorful yet simple. I think children would respond very well to this book due to the fact that it is simple, yet informative . This is appropriate in the classroom as well.

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**Dana says**

Great book about feelings for preschoolers.

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**Edward Sullivan says**

Okay. Young girls are clearly the audience.

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