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In My Heart: A Book Of Feelings (Growing Hearts)



Synopsis

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.

Book Information

Series: Growing Hearts

Hardcover: 32 pages

Publisher: Harry N. Abrams; 1 edition (October 14, 2014)

Language: English

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Product Dimensions: 10 x 0.8 x 10.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (133 customer reviews)

Best Sellers Rank: #1,958 in Books (See Top 100 in Books) #10 in [Books > Children's Books > Early Learning > Basic Concepts > Sense & Sensation](#) #43 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #56 in [Books > Children's Books > Activities, Crafts & Games > Activity Books](#)

Age Range: 2 - 4 years

Grade Level: Preschool and up

Customer Reviews

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.

I've been in love with *My Heart* since it arrived at my home some months ago. The words and illustrations are equally beautiful. They make feelings accessible. Children and adults know what it's like to be happy, sad, brave angry or shy, but often can't find the words to express how they are physically feeling inside. *My Heart* provides the words. Fanciful illustrations and a die-cut heart that extends through each spread make this book irresistible. My daughter already loves the hearts and can spend upward of 10 minutes thumbing through the cardstock-weighted pages. It's only a matter of time before she begins to understand the accompanying words. I can't wait!

I love the way the author takes kids through the various feelings one can have each day. I also love the way she associates these feelings coming from the character's heart. While we don't literally feel from our hearts, the association is always made. When we are sad we say our heart hurts. When we are happy we say our heart is about to burst. This book helped my daughters, ages 3 and 5, understand there are so many more feelings than just happy, sad and angry. There is excitement, fear, gloominess and Jo Witek really did a great job of capturing those many different feelings. Very well written.

ADORABLE book for my child. I originally purchased this book to use at work, but found that I also would love another copy for my daughter. It addresses personal feelings that individuals experience and isn't too wordy which is perfect because it leaves room to discuss more on each feeling! I love having books in the house that my daughter can relate too and it will hopefully allow her to easily discuss her feelings in the future.

I absolutely love this book, reading it to my son is an absolute treat for both of us. He loves it too. The language is beautiful and he loves the pictures. The concept is adorable of the hearts nestled inside one another. The illustrations are fitting. This book is perfect. I will recommend it to anyone and everyone.

My 2 year-old daughter loves this book. After we first got it it was her favorite, and she wanted to hear it many times every day. Now, we just read it occasionally. A few minutes ago she was feeling really mad, so I pulled it out and started reading, and she instantly calmed down. Other times without reading it I sometimes ask her, "what feelings are in your heart right now?" and that helps her sort it out better. Feelings can be a little hard for kids to identify and understand, but this expresses them in a new way. The pictures are modern, interesting, and engaging. The heart cut outs kind of add to it. Prior to this we used to read *Walter Was Worried* fairly often, and that is also a good one (very different from this). I will probably start including this with second or third birthday gifts for my friends' kids. It is really lovely, and it has enhanced our talks about feelings, and my daughter's ability to cope with strong feelings.

Cute children's book that does a good job talking about different feelings kids have. It encourages kids to express their emotions and allows opportunity for good conversations about how and why people feel certain ways. I got this for my kids for Valentine's Day and they both very much enjoy this book. I love the colorful cover and the illustrations as well.

Beautifully illustrated! The story is wonderful, as well. My little boy likes to hear that it is OK to have different feelings. Sometimes you are going to be sad or angry, but that will change with time. You should celebrate all of the good feelings! He likes to give everyone hugs after reading this book.

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