



Feelings Book

Emily Rubin, MS, CCC-SLP, Amy Laurent, OTR/L

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An easy-to-use, interactive workbook to help children learn to identify, understand and regulate their emotions. Comes in a kit, with a dry-erase marker and easy-to-follow instructions. In contemporary literature on child development, a child's mastery of the Three 'E's; 1. Emotional identification, 2. Emotional understanding, 3. Emotional regulation is highlighted as being essential for his or her ability to actively participate and adapt to the demands of different social partners and different social settings. The Feelings Book is a simple visual tool which allows the user to: (a) select and express their emotional state, (b) consider the intensity of that emotion, (c) compare the emotional event to other events that evoked a similar reaction and (d) select appropriate coping strategies that coincide with their ever changing emotional states. Originally designed for children with Autism Spectrum Disorder and developmental disabilities, the Feelings Book has proven invaluable for any child in developing social-emotional well being.

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