

The Bear Cards Feelings

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Pediatric Nursing, Psychiatric and Surgical Issues

This is an essential resource for educators working to support emotional wellbeing in children and young people. Written by the team behind the Emotional Literacy Support Assistant (ELSA) training

programme, it provides practical suggestions that can be implemented straight away to make a positive difference in the life of the young person. The second edition of this bestselling guide has been fully updated and includes a new chapter on resilience as well as additional material on recognising and dealing with anxiety and anger. The chapters give a clear overview of each topic underpinned by the latest research in educational psychology, descriptions of vulnerabilities as well as case studies and suggestions for practical activities. Topics include: self-esteem; friendship skills; social skills; therapeutic stories; dealing with loss and bereavement. Designed for use with individuals, groups or whole classes, this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with.

The Story of the Three Bears

Restorative Practice (RP) is an effective approach to discipline that has the potential to transform behaviour by focusing on building and restoring relationships. This practical guide explains how to implement restorative approaches with young people with special needs in educational or residential settings. The book explores how RP is being used in general terms and through a number of case studies looks at how RP needs to be adapted for those with additional needs including Autism Spectrum Disorder, ADHD, Foetal Alcohol Spectrum Disorder, Intellectual Disability and communication difficulties. It includes

guidance on particular issues such as staff facing crises, the issue of physical restraint and additional support parents require. The book will be of interest to restorative practitioners, educational professionals including headteachers, teachers and SENCOs in both special education and mainstream schools and residential care leaders and staff.

Talking About Feelings

Anyone can master the fundamentals of game design - no technological expertise is necessary. The Art of Game Design: A Book of Lenses shows that the same basic principles of psychology that work for board games, card games and athletic games also are the keys to making top-quality videogames. Good game design happens when you view your game from many different perspectives, or lenses. While touring through the unusual territory that is game design, this book gives the reader one hundred of these lenses - one hundred sets of insightful questions to ask yourself that will help make your game better. These lenses are gathered from fields as diverse as psychology, architecture, music, visual design, film, software engineering, theme park design, mathematics, writing, puzzle design, and anthropology. Anyone who reads this book will be inspired to become a better game designer - and will understand how to do it.

A Little Book about Feelings

This book is about the hope underlying the ability to

survive the early years. Coleridge's *The Rime of the Ancient Mariner* is both metaphor and framework of the despair and hopelessness that some babies and parents experience in their efforts to hold on and go through difficult circumstances. Their early experiences are not voyages "into a sunny and cheerful sea": some are years-long voyages into horror and weariness - babies born into difficult families, into countries in difficulties or into difficult circumstances. Some babies born into difficulties are pretty much alone because their mothers might be too ill to look after them, and nurses are too busy to fulfil the maternal function other than changing and feeding them. They may have been born in war zones, or in prisons, or have been in intensive neonatal premature units. Unlike mothers who recall the early years with their babies as a dance of understanding and development, other carers don't recall hearing the music at all.

The Way I Feel

Bear is very, very, very MAD! Will he ever feel better? Find out in this sweet and silly picture book about toddler tantrums that little ones—and their caretakers—are sure to relate to. Bear had to leave the park early for his nap. Then he fell and got an owie on the way home. And then he had to leave his favorite boots and stick outside. Bear feels like nothing is fair, and that makes him VERY, VERY, VERY MAD! Can he find a way to move through his emotions and get back to feeling better? Maybe...but not before having a major meltdown!

The Bear and the Piano

A snow-dusted love story. In the Autumn of 1931, impetuous Freya leaves her family in Cornwall to follow her dream of becoming an actress. She joins a theatrical company and, amidst all the enchantment and bustle of stage life, falls in love with the handsome, glamorous leading man. Neither being an actress nor having a love affair lives up to Freya's grand expectations - which is when she realises her true calling, and also her chance at real romance, has been under her nose all along. An enchanting coming of age romance about following your dreams - even when they aren't quite what you expected. Praise for A SKY PAINTED GOLD: 'The perfect comfort read' Ella Risbridger 'Pure escapism a wildly romantic, delicious indulgence' OBSERVER 'A brilliant, beautiful book' Louise O'Neill 'Perfect for glamour-soaked summer escapism' MAIL ON SUNDAY

The Dialectical Behavior Therapy Skills Card Deck

When Bear is too sick to play, his animal friends go to his cave to make him soup and tea and keep him company.

It's Okay to Make Mistakes

Balaban is an unusual bear. His fur changes color according to his mood. One day Balaban's fur stops changing. Since his friends can no longer tell how he feels by looking at his fur, Balaban must learn to

communicate his feelings.

Surviving the Early Years

Presents words and music to a simple song celebrating emotions and the value of expressing them.

The Mommy Book

Shhh, Quiet! HB

As children grow in this world, we need to provide them with tools and methods to ensure that they are the best human beings that they can be. Talk Less, Listen More provides parents with strategies and ideas on how to ensure children take responsibility for their actions and are able to determine what is appropriate behaviour Michael Hawton provides examples, illustrations, maps diagrams and practical information for parents to help them through this sometimes turbulent time. Throughout the book, and through the learning of these new strategies, parents will work out what to do in the most difficult moments and to stop these times morphing into train wrecks. Written in simply everyday language, using simple strategies, the end result will be that children will be able to assume better self-control of their actions, and be able to monitor their behavior in any given situations. Suitable for today's modern family, you will learn to parent your children more gracefully with basic and simple strategies. That will in turn, will

reduce stress levels and increase the level of harmony in your family life.

The Greatest Gift

Hundreds of feelings word cards can be used for acting out, endless creative play, and interaction.

A Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards

One day, a young bear stumbles upon something he has never seen before in the forest. As time passes, he teaches himself how to play the strange instrument, and eventually the beautiful sounds are heard by a father and son who are picnicking in the woods. The bear goes with them on an incredible journey to New York, where his piano playing makes him a huge star. He has fame, fortune and all the music in the world, but he misses the friends and family he has left behind. This best-selling tale of exploration and belonging, which won the Waterstones Children's Book Prize 2016, Illustrated Book Category, is now available in board book.

The Big Book of Blob Feelings

Now with all new illustrations, the second edition of these bestselling cards continues to provide a tool to initiate discussion and reflection around feelings. The cards span a whole range of emotions- angry, happy, depressed, excited, confused- and can be used to get

people talking about feelings in a fun and non-judgemental way. Blobs are a way to discuss issues in a deep, meaningful way and yet they can be understood by adults and children alike. People of all ages can relate to these appealing Blob characters; even young children can recognise when they start to feel like these 'funny people'. The accompanying activity cards suggest several different ways of using the cards with individuals or groups; including how to relate the feelings shown on the cards to ourselves and others, identify positive and negative feelings and act out these feelings.

Emotional Wellbeing

Baby Bear lives in a home with the Big Bears, and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive, charming storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.

The Rabbit Listened

"Listening to My Body is an engaging and interactive picture book that introduces children to the practice of paying attention to their bodies. Through a combination of story, and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them so that they can build on their capacity to engage mindfully, self-regulate and develop a deeper sense of well-being."--

Bear Feels Sick

Psychology doesn't have to be complicated. Drawing on cognitive behavioral therapy, mindfulness, and positive psychology, The Mood Cards offer a fun and accessible way to help you identify and explore your moods and emotions. Each of the 42 beautifully illustrated mood and emotion cards includes guided questions for self-exploration plus a positive affirmation. Whether you wish to manage difficult moods, approach relationships more skillfully, become more sensitive to the needs of others, or simply be able to communicate and listen effectively, using the cards will encourage you to be confident in who you are, expand your emotional intelligence, and help you move forward in a positive way.

Mad, Mad Bear!

It's Not Your Fault, Koko Bear

George Pratt, depressed and contemplating suicide, is

allowed to see what his community would have been like if he had never been born, in a hardcover reissue of the story that inspired the film *It's a Wonderful Life*. 100,000 first printing.

The Story of My Feelings

Some mommies sing you songs. Some mommies read you stories. All mommies want you to be who you are! With his trademark childlike art, Todd Parr celebrates all different kinds of mothers. Whether mommies work far away or at home, cook or order pizza, they are all lots of fun and filled with love. This is the perfect book for celebrating mommies on Mother's Day, and all year round.

Touching Spirit Bear

Explains what feelings are and discusses how to recognize and understand them.

How Are You Feeling Today Baby Bear?

A funny, heart-warming story about the value of being quiet - and how to find your voice when it really matters. Quiet little Fox has a problem: her friends are so noisy, she can never make herself heard. What she really wants to do is tell them stories, if only they'd stop shouting and listen. But being quiet has its uses. Fox notices all the small things that her noisy friends miss: like the claw marks and paw marks of a great big scary bear! It takes courage for Fox to speak up and warn her friends - and even more courage to

tell that scary bear a bedtime story!

The Art of Game Design

The book is not a classic pediatric text book. It shows different approaches to some pediatric topics. Our aim in this book, as understood from its title, is to describe some specific issues related to nursing, psychiatric and surgical issues. The book Pediatric Nursing, Psychiatric and Surgical Issues has 8 chapters which are placed in 4 different sections, to enlighten patients and pediatricians on current developments on specific pediatric issues.

Mood Cards

"The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year"--

The Wrong Stone

Youngsters are invited to place die-cut faces depicting various emotions in the openings in the illustrations to reveal Little Teddy Bear's feelings as he rides his bicycle in the park, plays with his friends, and returns home to bed. On board pages.

Talk Less, Listen More

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath,

and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, *Mindful Moments for Kids*, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

Restorative Practice and Special Needs

"From tiger fierce to snail slow, there are lots of ways to feel and be. A walk through the menagerie of *Tiger Days* helps young readers see all the feelings they have and the ways those feelings change. Through playful rhymes and colorful illustrations, this spirited book gives children new tools to understand the range of their emotions and express themselves to family, teachers, friends, and themselves. *Tiger Days* was written by M.H. Clark, bestselling author of *You Belong Here* and *Tiny, Perfect Things*."

Glad, Glad Bear!

Helping vulnerable children and young people to build protective behaviours is the key to keeping them safe. Full of creative ideas and activities, this guide provides the tools to help children develop these key skills. Topics include work around: building resilience and problem solving skills; identifying a 'safety

network'; developing emotional literacy; awareness of grooming strategies and safe/unsafe touch; and cyber safety. The range of tried and tested techniques will be sure to engage any child in thinking about their personal safety, allowing adult carers to have confidence that their child will be empowered to better identify and avoid harmful situations and behaviours. Practical and easy to use, this is a valuable resource for professionals working with vulnerable children and young people, such as adopted or fostered children and those in residential care, as well as the parents and carers of these children.

A Snowfall of Silver

In his Nautilus Award-winning classic *Touching Spirit Bear*, author Ben Mikaelson delivers a powerful coming-of-age story of a boy who must overcome the effects that violence has had on his life. After severely injuring Peter Driscall in an empty parking lot, mischief-maker Cole Matthews is in major trouble. But instead of jail time, Cole is given another option: attend Circle Justice, an alternative program that sends juvenile offenders to a remote Alaskan Island to focus on changing their ways. Desperate to avoid prison, Cole fakes humility and agrees to go. While there, Cole is mauled by a mysterious white bear and left for dead. Thoughts of his abusive parents, helpless Peter, and his own anger cause him to examine his actions and seek redemption—from the spirit bear that attacked him, from his victims, and, most importantly, from himself. Ben Mikaelson paints a vivid picture of a

juvenile offender, examining the roots of his anger without absolving him of responsibility for his actions, and questioning a society in which angry people make victims of their peers and communities. Touching Spirit Bear is a poignant testimonial to the power of a pain that can destroy, or lead to healing. A strong choice for independent reading, sharing in the classroom, homeschooling, and book groups.

Little Teddy Bear's Happy Face, Sad Face

KoKo Bear Can Help Children * learn what divorce means * deal with changes in their everyday lives * talk about their feelings * recognize that their feelings are natural * be assured that their parents still love them and will take care of them * understand that divorce is not their fault

Breathe Like a Bear

A moving and universal picture book about empathy and kindness, sure to soothe heartaches big and small. When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs. With its spare, poignant text and irresistibly sweet illustration, *The Rabbit Listened* is about how to comfort and heal the

people in your life, by taking the time to carefully, lovingly, gently listen.

Evidence-Informed Interventions for Court-Involved Families

All the stones tried to put their best faces forward. They hid their ugly bits, and they all tried to climb to the top of the pile.all except one who didn't seem to fit anywherehe was a wrong stone. What's it like to be different? The wrong stone knows.

Emotional Agility

Every year, the Christmas family puts up the biggest Christmas tree. They hang up the most lights. And their dog, Rudy, barks "Jingle Bells" for the entire neighborhood to hear. The Christmas family LOVES Christmas! That is, all except for seven-year-old Mary Christmas. Mary wants to love it. But how do you make a Christmas celebration better when it's already as big as can be? With some help from her family—and Rudy—Mary just may find a way to make this year's celebration the merriest yet. With oversized humor and heart, this story of spreading Christmas cheer is sure to become a holiday classic.

Tiger Days

Bear is very, very, very GLAD today! He's taking his first ballet class. But he's a little nervous too. This sweet and silly picture book is an honest exploration of feelings that little ones—and grown-ups!—are sure

to relate to. Bear is so excited that today is dance day! He has his new leggings, slippers, and tutu, and he is ready to go. But when he gets there, he feels a little shy, a little unsure, and even a little afraid. What can make him feel better? Dancing, of course! This charming companion to Mad, Mad Bear is a celebration of how stepping out and doing the things we love makes us feel happy...even if we are a little apprehensive at first!

The Brown Bear Who Wasn't

Feelings Blob Cards

A special selection of photocopiable blob pictures designed for work on feelings. Arranged into four sections, the contents include: Blob Theory - Blob trees the id/ego/superego, needs, shadows | Emotions - anger, anger cycle, calm, depression, disappointed, happy, hate, hyper, jealousy, lonely, mixed-up, numb, paranoia, rejection, sad, trauma, worry | Developmental/issues - bridge, clouds, doors, feelings, holes, pit, pitch, stairs, families, home. Each picture is accompanied by ideas and questions to kick start class, group or one-to-one discussion. Complete book included on accompanying CD Rom.

Helping Vulnerable Children and Adolescents to Stay Safe

This book encourages children to understand and manage their changing feelings and emotions, and to

talk confidently about how they are feeling. Providing children with the skills and the words to express their feelings is key to helping them move forward in a positive manner.

Merry Christmas, Mary Christmas!

Children at the center of high conflict divorce and/or child protection cases face increased risks to both current and future health and adjustment. There is a growing research base regarding these risks and the coping abilities that children need for successful adjustment, but training gaps and poorly structured services continue to be serious problems. The specific characteristics of these families, and risks faced by these children, underscore the importance of treatment, psychoeducation, and other services adapted to this population. Evidence-Informed Interventions for Court-Involved Families provides a critical, research-informed analysis of the core factors to include when developing child-centered approaches to therapy and other family interventions, both in a formal treatment setting and promoting healthy engagement with the other systems and activities critical to children's daily lives. This book addresses common problems, obstacles, and the backdrop of support from other professionals or the court, which may be necessary for successful intervention. An international team of renowned authors provide chapters covering a variety of service models and draw on a wide range of relevant research addressing the legal context, central issues for treatment and other services, and specialized

issues such as trauma, family violence, parent-child contact problems, and children with special needs. The book assembles in one place the best of what is known about intervention for court-involved families, along with practical guidance for using relevant research, understanding its limitations, and matching service plans to families' needs. It will be an essential resource for all mental health professionals evaluating or providing services to these families, and to the lawyers and judges seeking a better understanding of what works for these families.

Feelings in a Jar

In a tradition of Todd Parr's fan-favorite *It's Okay to Be Different* a book about embracing mistakes and the joy of happy accidents. Todd Parr's bestselling books have reminded kids to embrace differences, to be thankful, to love one another, and to be themselves. *It's Okay to Make Mistakes* embraces life's happy accidents, the mistakes and mess-ups that can lead to self discovery. Todd Parr brings a timely theme to life with his signature bold, kid-friendly illustrations and a passion for making readers feel good about themselves, encouraging them to try new things, experiment, and dare to explore new paths. From coloring outside the lines and creating a unique piece of art to forgetting an umbrella but making a new friend, each page offers a kid-friendly take on the importance of taking chances, trying new things, and embracing life, mistakes and all.

Listening to My Body

Bookmark File PDF The Bear Cards Feelings

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

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