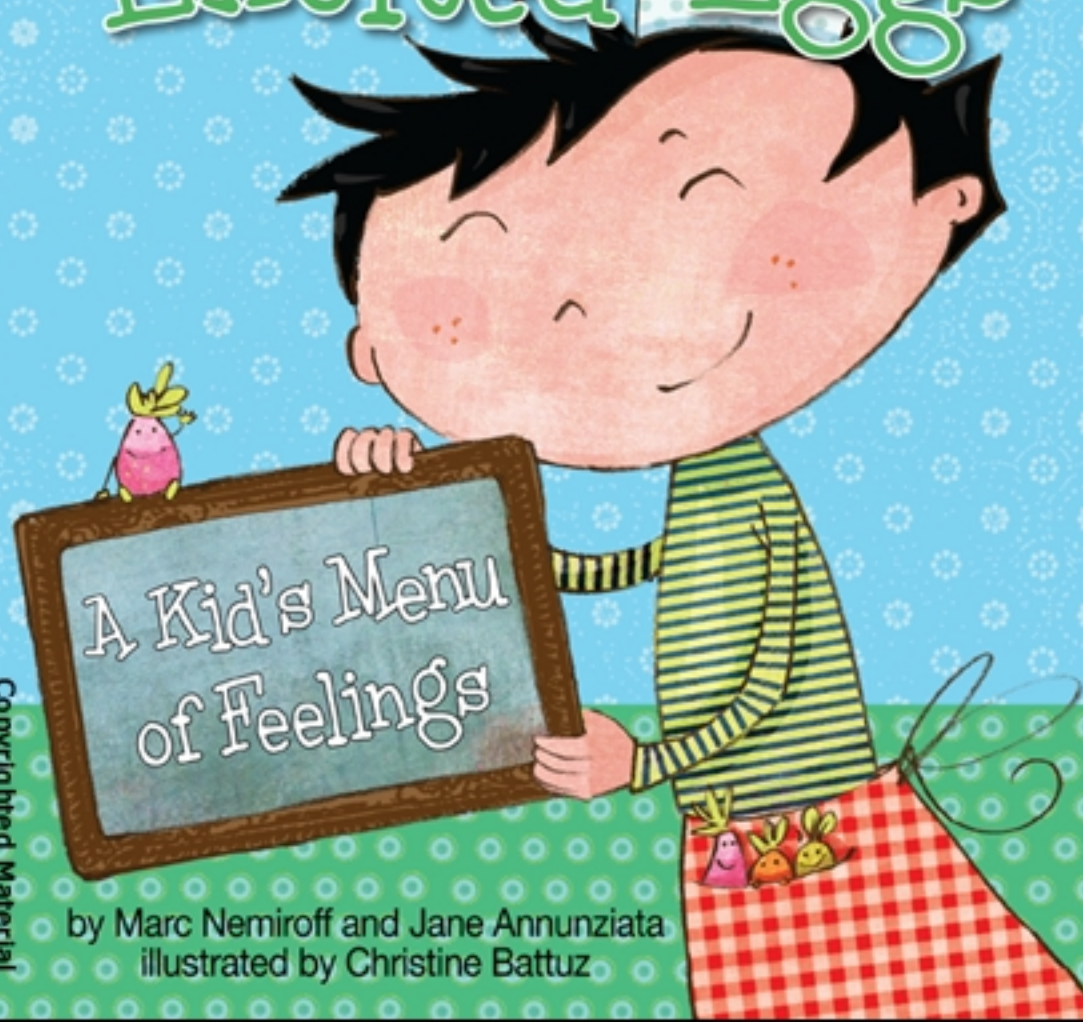


Shy Spaghetti and Excited Eggs



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by Marc Nemiroff and Jane Annunziata
illustrated by Christine Battuz

Welcome to the Feelings Restaurant.

There are lots of different kinds of feelings.

Here's the menu!



Feelings Restaurant



Happy Hot Dog



Worried
Watermelon



Shy Spaghetti



Sad Spinach



Surprised
Strawberries



Sorry
Steak



Angry
Apples



Excited Eggs



Scared
Shrimp



Lonely Lettuce



Confused
Cupcakes

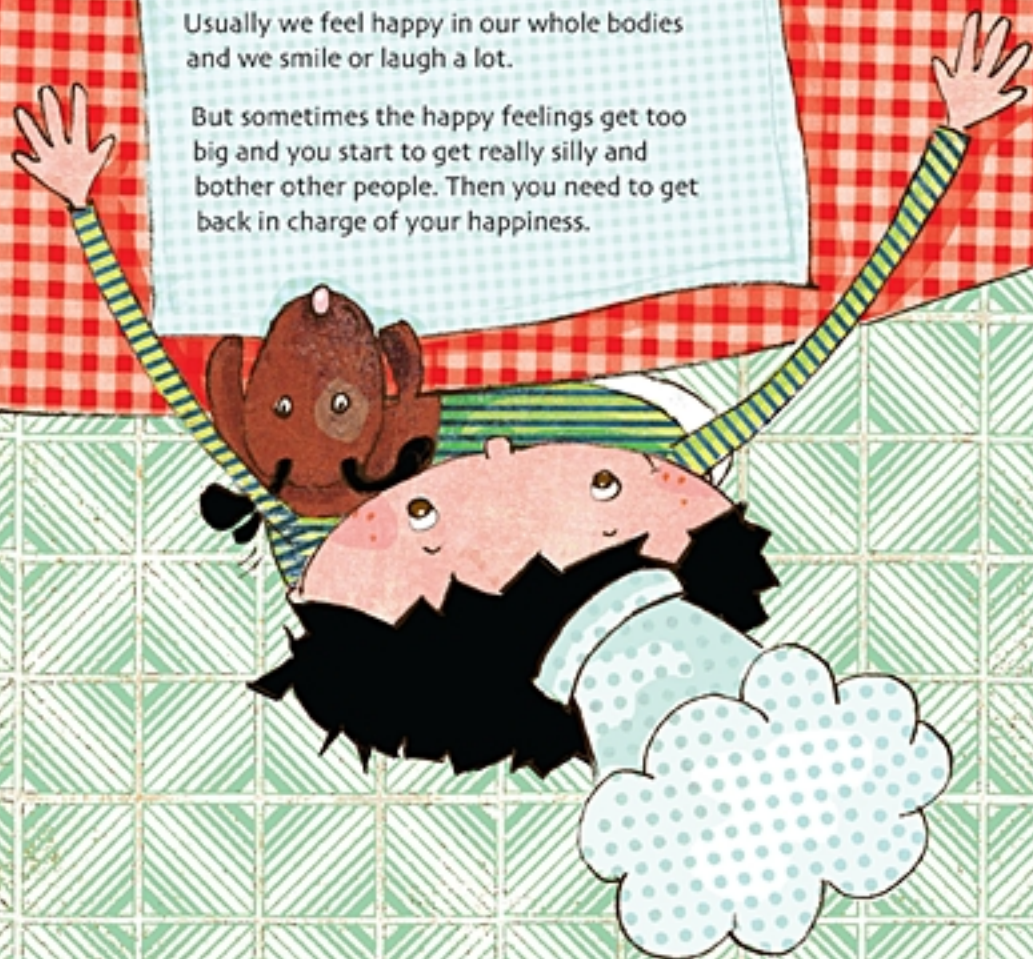
All feelings are OK!
No feeling is right or wrong!

100% discount
when you show
your feelings in
a good way!

When you feel happy, you feel like everything is wonderful! Maybe something good or special has happened. Or, you could just be having a very good day.

Usually we feel happy in our whole bodies and we smile or laugh a lot.

But sometimes the happy feelings get too big and you start to get really silly and bother other people. Then you need to get back in charge of your happiness.



This is easy.

First, you need to know that you are too silly. (Usually a mom or dad will tell you.) You might be talking very fast and loud or you might not be able to stop laughing.

You will need to slow down. Here's how. Count all your fingers and breathe in and out slowly until you feel regular happy again.





Worries are thoughts or feelings that bother you.

They make you nervous.

Worries start when kids think a lot about things that might go wrong or that already happened that didn't feel right.

Sometimes you can be so full of worries that you can't relax or sleep well.

The more you worry, the bigger your worries get!

What Can You Do?

1. Close your eyes.
2. Take a deep breath using only your nose. Do this slowly.

3. When your tummy is full of air, get ready to breathe out.
4. Pretend you are going to blow up a balloon.

5. Slowly breathe all the air into the pretend balloon. Think about blowing your worries into the balloon. Do this five times.
6. Imagine the balloon is floating away and taking your worries with it.





Shy is when you are nervous being around other people, especially other kids. Shy is a little bit like hiding from other people. You worry about letting other people know you. You might not even want people to look at you.

Shy is when you worry too much that you'll say or do something that other kids won't like or will laugh at. You might worry that people won't like you.

Here are some things
WE do when we feel shy:

We take deep
breaths in and
out really slowly
five times.



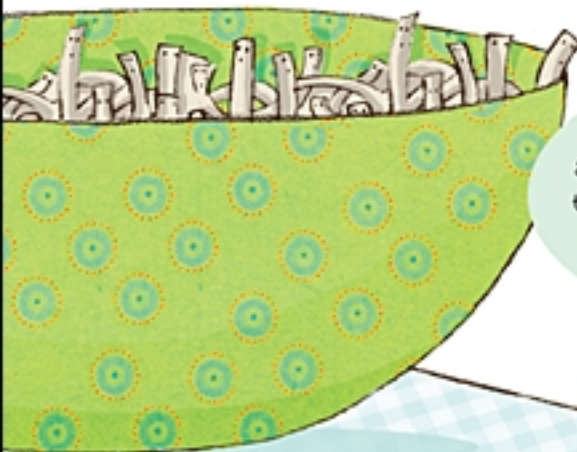
I practice talking
and sharing my ideas at
home. I make-believe that
my mom and dad are
other kids and I say and
do things to pretend
I'm not shy.



Become the boss
of your shyness!
Tell yourself:
"I can do this."



When I think that
other kids are looking at me
and won't like me, I remember
that my imagination made that
up and we kids are more the
same than we are different.



Shy Spaghetti and Excited Eggs

A Kid's Menu of Feelings

Do you ever feel like shy spaghetti or excited eggs? What about happy hot dogs or confused cupcakes? Understanding what your own emotions and feelings are telling you is very useful, even for kids! How do you know what you're feeling and how to deal with it? Take a peek inside, and you'll find out.

A **Note to Parents** explains the importance of feelings education and shows parents ways to help kids understand what they feel, why they experience an emotion, and what they can do when feelings get too big or hard.

Marc Nemiroff, PhD, and Jane Annunziata, PsyD, are clinical psychologists and authors of many books for children. Most recently they co-authored *Sometimes I'm Scared*, a book for kids to deal with everyday fears.

Christine Battuz obtained a Master of Arts degree from l'Ecole de Beaux Arts de Perugia in Italy. Her delightful illustrations can be found in about forty children's books and magazines.



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