

Emotions / Mindfulness
Ages 4-8

Rubenstein

VISITING FEELINGS

Do you have a feeling that's visiting today?
Can you open your door and invite it to play?

Visiting Feelings encourages children to treat their feelings like guests—welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, **Visiting Feelings** harnesses a young child's innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.

A **Note to Parents** provides more information about emotional awareness and mindfulness, plus practical advice and activities for introducing mindfulness into daily family routine.



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Visiting Feelings

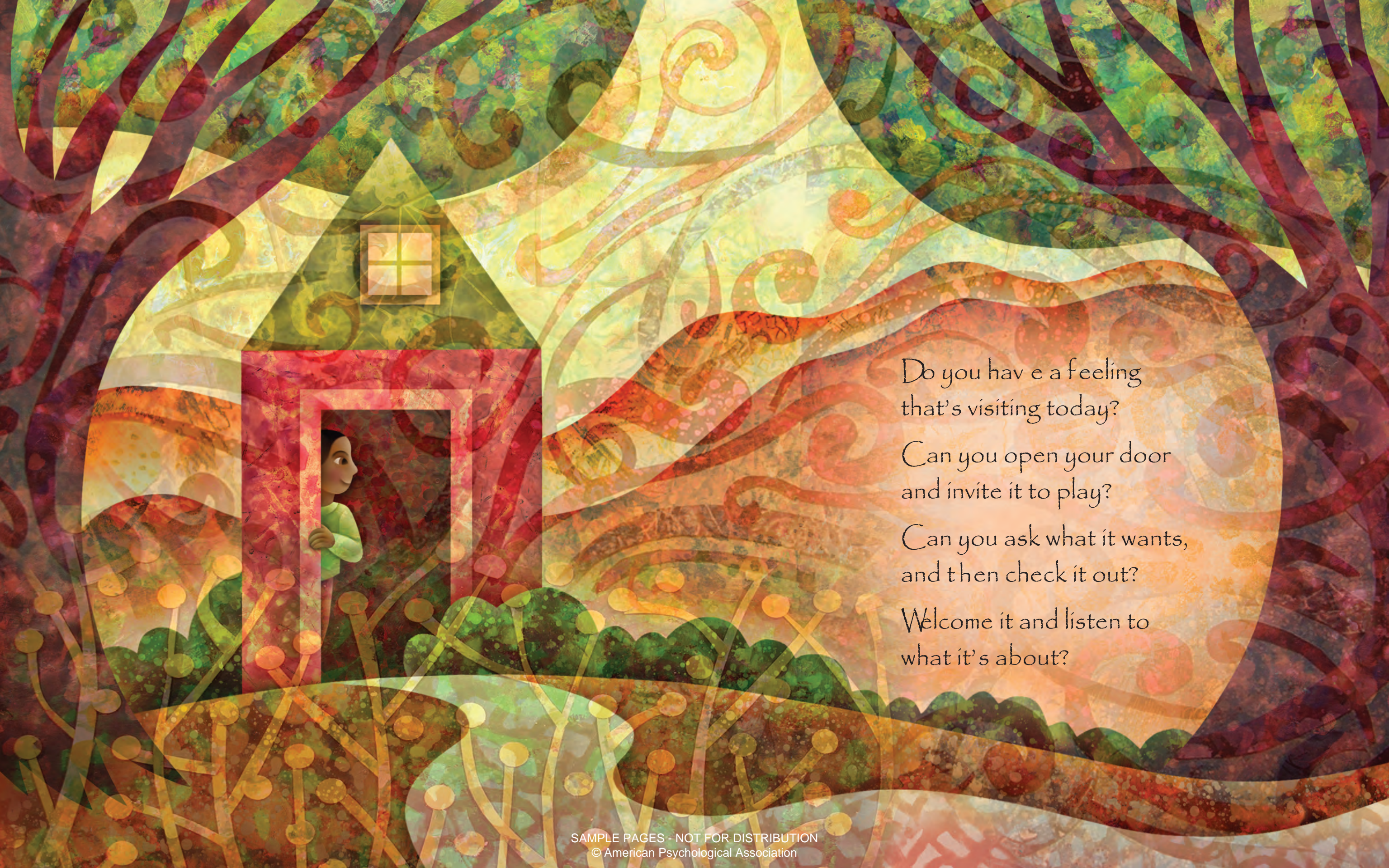
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VisITING FEELINGS

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illustrated by Shelly Hehenberger



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Do you have a feeling
that's visiting today?

Can you open your door
and invite it to play?

Can you ask what it wants,
and then check it out?

Welcome it and listen to
what it's about?



What if the feeling plays hide-and-g o-seek,
and won't let you see it, not ev en a peek?

Here's an idea, a g ood one to try:
Look at that f eeling with wide-open eyes.

How does it look?
Is it short? Is it tall?
Is it thick or thin?
Or round like a ball?





Is it bright lik e the sun?
Dark li ke the rain?
Or is it a look you can 't
even explain?