

FRIENDS AND FEELINGS

Radka Píro

Illustrations by Katia Gaigalova



**LEARN
HOW TO DEAL
WITH YOUR
FEELINGS!**

Albatros

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Radka Píro
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The first day of preschool is here at last! What new things will it bring? Tommy and Lizzie are excited about it, while Annie feels shy in front of other kids. As for Richard, he is throwing a tantrum because he doesn't want to be at preschool at all. Same day, same place, but everyone feels different.

All of these feelings are normal, and they are familiar to us all. But we can learn to deal with each and every emotion so that they don't overwhelm us.

**Look over there! Someone else is arriving.
What do you think he is feeling?**

It's little Jack's first day at preschool. Not only is he not looking forward to it. He actually feels quite scared.



What will the day be like for Jack?

When you are afraid...



Draw what your fear looks like.



Hug someone dear to you.



Remember something nice you did.



Imagine yourself as a brave warrior who will beat the fear.

The kids at the preschool are playing. One is kicking a ball.
Others are playing with toy cars...



Jack would like to join them, but he is too **shy**.

When you are feeling shy...



Take three deep breaths.



Imagine the people you feel shy in front of as cuddly toys.



Grab your favorite toy.



Imagine you are a superhero.

It's a lovely day. The perfect day for playing outside! Jack and Emma have discovered a big puddle in the yard...

...and they're sailing little boats on it.

How **happy** they are!

When you are having fun...



Tell your friends about it.



Laugh out loud.



Do what you love.



Share your happiness with others.

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The first day of preschool is here! But Jack is not looking forward to it. In fact, he's afraid of what awaits him there.

Like Jack, we all feel afraid from time to time. Sometimes we feel very angry, and other times we feel very happy. When a cup gets broken, one person cries, another laughs, and another blushes. Our many emotions take us on quite the journey each day. That's why it's so important to learn how to handle them.

To see how Jack's first day at preschool goes and how things make him feel, come along with us. As you read, you'll learn how to deal with these emotions yourself.



See more

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ISBN 978-80-00-07284-5



5 1 4 9 5

9 788000 072845



\$14.95
Printed in China
by Leo Paper Group.
www.albatrosbooks.com

© B4U Publishing for Albatros, an imprint of Albatros Media Group, 2024
5. května 1746/22, Prague 4, Czech Republic
Author: Radka Piro. Illustrations © Ekaterina Gaigalova, 2023
Translator: Andrew Oakland. Editor: Scott Alexander Jones.
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