

Author

Miller, Marie Therese

Illustrator

Reviewer

Carruth, Leah

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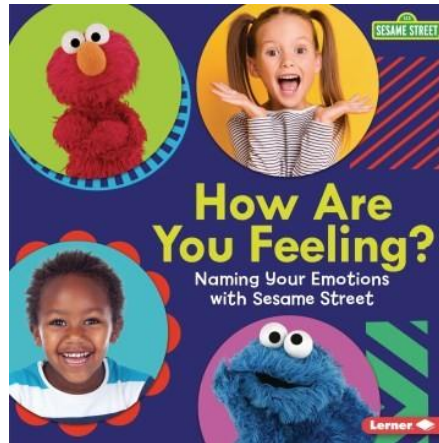
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Classification

Nonfiction (152.4)

Grade level

PreK-2



Book Review: HOW ARE YOU FEELING?: NAMING YOUR EMOTIONS WITH SESAME STREET

Feelings are sometimes hard to manage, especially if you do not know what feeling you are experiencing. Follow along with Sesame Street to learn about many different emotions and how to handle them. The book begins with the truth that everyone has big feelings and then invites the reader to explore how these feelings look and feel. Rightfully, a positive emotion is introduced first, but both positive and negative feelings are addressed. Happiness looks like smiles and may sound like laughter. Elmo states what makes him feel happy. Other emotions, such as sadness, excitement, disappointment, and being scared, are revealed in a similar manner.

The artwork is colorful and well-balanced through two-page spreads for each feeling mentioned. The images are a mixture of real children and Sesame Street characters. For example, for frustration, the left side of the page includes a picture of a young child working on writing with the text underneath the image on a light-colored background. On the right side, a Sesame Street character has his hand on his head and states that he feels frustrated when he plays the wrong beat on his drum.

This is a wonderful balance of seeing real children with feelings along with favorite characters experiencing the same feelings for a specific reason. The back of the book includes techniques, such as big belly breaths, for handling big emotions. An index and glossary are included at the back of the text.

