



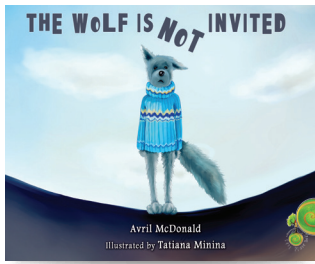
The Feel Brave Series of Books

Little Stories about Big Feelings



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The Wolf Is Not Invited

Wolfgang is left heartbroken when his best friend Catreen runs off without him to play with Clarissa. Spider shows Wolfgang how to make his own fun and Wolfgang realises that there are other great friends out there just waiting to be met!

There are some situations and feelings that we cannot change and there are some that we can. Knowing the difference between the two (and some ways to make ourselves feel happy) is a great trick to have up our sleeves!

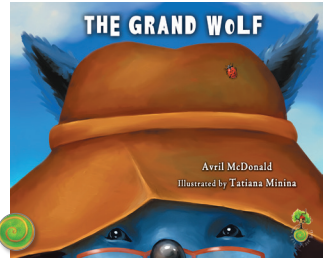
Self Confidence

The Grand Wolf

Wolfgang and his friends love to visit The Grand Wolf but one day they arrive to find that he has gone and this makes them all feel very sad. Spider shows Wolfgang that by just seeing things a little differently he can feel happy again, knowing that true love never ends.

Our lives are in a constant state of change and only we can ever know how big each change feels to us. The more we can talk about and embrace change, the better we get at it (whatever shape or size it comes in).

Change, Loss and Grief



The Wolf and the Shadow Monster

Wolfgang is excited to be allowed to have his friends over to stay for the whole night. They all have great fun until the lights go out and Wolfgang's secret fear of the dark is revealed. His friends laugh at him until they hear his story and see the Shadow Monster for themselves! Spider shows Wolfgang a special magic spell to make scary things go away. The magic spell is so good that all of his friends want to try it on the things that scare them too.

Life can sometimes be scary but there are some great tricks out there to make scary things not so scary anymore. You can even have a little fun with it!

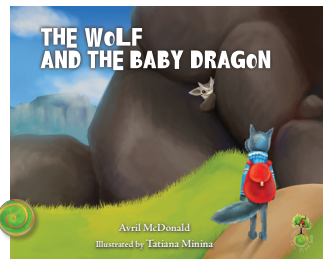
Managing Anxiety and Fears

The Wolf and the Baby Dragon

When Wolfgang and his friends learn about a secret cave where a baby dragon is growing they quickly run off to find it but, sadly, Wolfgang gets left behind. His bag is full of heavy worries that are making him slow and he just can't let go of them. When he trips on a rock and falls, Spider shows him how to rest his busy mind and tells them that worries aren't so bad if you share them.

Nobody likes worries, so it's good to know how to give a worried mind a rest!

Managing Worries

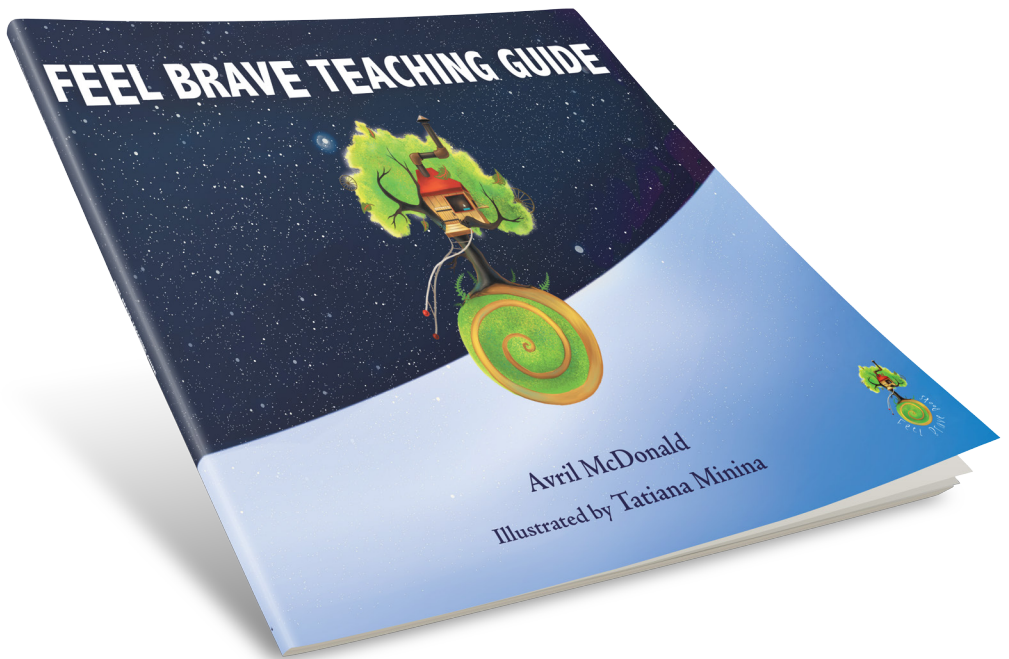


The Wolf's Colourful Coat

Wolfgang can't wait for it to get cold enough for him to wear his brand new colourful coat but when the time finally arrives, some nasty creatures make fun of it. Wolfgang feels upset and is afraid that they will hurt him again, so he hides away in the tree house. Spider encourages Wolfgang to tell someone he trusts about how he is feeling and he learns that things aren't always as they seem.

Sometimes we get hurt by others and we have to be brave enough to continue to be ourselves and to keep our hearts open. There can be some lovely surprises for us when we do!

Managing Relationships



Feel Brave Teaching Guide

Avril McDonald • Illustrated by Tatiana Mimina

Feel Brave: a set of five beautiful children's picture books, in which colourful, lovable characters help children learn to manage tough emotions and feel brave!

The Feel Brave Teaching Guide is the perfect companion to the Feel Brave series of books, which is designed to help 4- to 7-year-olds explore emotional intelligence, positive psychology and some of the challenging feelings which they might experience in everyday life in an engaging, creative and non-threatening way. The books help children deal with anxiety, confidence issues, bullying, fears, change, loss and grief. These "little stories about big feelings" will help children develop the resilience they need to cope effectively with these important issues as they grow up.

The teaching guide is split into five sections, covering the themes addressed in the individual books and provides activities and guidance on how to explore these issues in the classroom. Activities include guided visualisations, physical exercises, drama games, mindfulness exercises, craft activities and card games. The teaching guide includes the text from the five books meaning they can be read aloud in class. The illustrations from them are included on a free CD-ROM so that they can be projected onto a screen or whiteboard.

Children will fall in love with the characters and the engaging text and illustrations, while parents and teachers will delight in the subtle but inspiring messages contained in each story, encouraging the reader to feel brave again.

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The Grand Wolf	978 1 78583 019 8		R200.00
The Wolf and the Shadow Monster	978 1 78583 018 1		R200.00
The Wolf and the Baby Dragon	978 1 78583 021 1		R200.00
The Wolf's Colourful Coat	978 1 78583 020 4		R200.00
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