

## I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings

**Lory Britain**

**Matthew Rivera, Illustrator**

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Feeling scared and perhaps excited at the same time? No worries—it's okay to be *scited*. Children will learn to identify nuanced emotions in this fun and engaging guidebook. A detailed plan for adults outlines strategies, activities, and discussions while a little girl with rainbow socks and bright red sneakers explains the way that feelings can collide and exist together on the playground, in the classroom, or curled up in bed with a good book.

PALLAS GATES MCCORQUODALE (May/June 2019)

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