

There's a Yeti in My Tummy

Meredith Rusu

Martín Morón, Illustrator

Loyola Press

(24pp)

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The encouraging picture book There's a Yeti in my Tummy validates the big feelings that small children feel.

Meredith Rusu's fun picture book *There's a Yeti in my Tummy* explains how some children handle big feelings.

Matthew has big feelings almost daily; his inner yeti helps him express these feelings. But the yeti also makes Matthew's actions seem bigger, louder, and crazier—he wants to stomp, jump, and even roar. These behaviors surprise his family members, teacher, and classmates.

Wrangling complex emotions for audiences who aren't quite sure what to do about them yet, this is an accepting story full of wise guidance. At first, Matthew doesn't understand that his yeti can also help him to express his feelings in a calm, loving way. Later, thanks to his mother's and teacher's understanding and support, he learns how to express his big feelings in a more productive manner. These adults illustrate that it is possible to embrace one's inner yeti for the good of oneself and others.

The text is restricted to four lines per page. They establish an energetic rhythm with their light rhyme schemes, infusing the story with a merry vibe. Jaunty words and phrases, including “rumbly, tingly tingle,” “flip-flopping,” and “wiggle-waggled,” make the text amusing too.

The illustrations are dynamic and colorful, with bold images set against softened backgrounds. They celebrate the wild side of Matthew's inner yeti—and his serene side too. Each image complements the story's progression, vivifying Matthew's feelings as they grow too big for his small body; his big, wild yeti reflects him well.

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ALEX DAILEY (June 13, 2023)

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