



What Color Is My Happy?

Karolyn Close

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What Color Is My Happy helps your children identify and talk about their emotions. By connecting feelings to smells, sounds, colors and physical sensations, you can help your child on the path toward empathy and emotional awareness. Delightfully illustrated, What Color Is My Happy opens a dialogue between parents and children about how to understand what we are feeling when we feel it. How can we express anger? What can we do when we feel frustrated? How can we show people we feel joyful or afraid? Embark on a journey of emotional awareness and empathy with your child, one that answers the question, what color is your happy?

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