



# Speech Language Pathology Collection

Welcome to the CNRL SLP Collection – an ever-growing resource of especially chosen books and activities to support early speech and language development.

## A Place for Feelings – 4-8 years

**Before Reading:** Show your child the title, as well as the authors and illustrator’s names. Ask them what they think this book may be about.

### During Reading:

- Look at the characters in the book – they feel a range of different emotions. Find and label the different emotions the characters are feeling as you read. How do you know the person is feeling that way?

### After reading:

- The different character’s feelings are different colours, patterns and shapes. What do you think your emotions look like? Create an artwork showing your feelings.
- Ensure your child know you are a safe person for them to share their feelings with. Who else could your child share their feelings with?
- Instead of hiding their feelings, everyone lets them out in the end. Discuss where you would hide your feelings, and how you can move through feelings and let them go. A breathing exercise, like “cookie breathing” or “five finger breaths” may be a helpful exercise to teach your child.
- This books shows characters from diverse backgrounds and families, as well as with different disabilities and assistive equipment. Find these people in the illustrations and talk about how they are similar and different.

### You might also like to read:

- Don’t Worry Felix
- What to Say When You Don’t Know What to Say
- Be Strong
- My Body, My Mind