

# [PDF] In My Heart: A Book Of Feelings (Growing Hearts)

Jo Witek - pdf download free book

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**Books Details:**

Title: In My Heart: A Book of Feelings  
Author: Jo Witek  
Released: 2014-10-14  
Language:  
Pages: 32  
ISBN: 1419713108  
ISBN13: 9781419713101  
ASIN: 1419713108

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**Description:**

*Sometimes my heart feels like a big yellow star, shiny and bright.*

*I smile from ear to ear and twirl around so fast,*

*I feel as if I could take off into the sky.*

*This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us

feel as light as a balloon, others as heavy as an elephant. *In My Heart* explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged.

The Growing Hearts series celebrates the milestones of a toddler's emotional development, from conquering fears and expressing feelings to welcoming a new sibling.

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