

To Parents and Other Adults

Emotions are difficult for many children to understand and describe. They experience them but often can't say why or express what they mean. The illustrations and text in this book allow children who think visually, including many on the autism spectrum, to correlate colors and situations with the common emotions they feel.

As you read the book and look at each illustration, ask the child what she is feeling. Have her comment on Joey's words and then ask her to describe the picture in her own words, with as much detail as possible. This helps make the child aware of the nuances of emotions and to secure the understanding in her mind.

The activities that follow the story will further help the child tie feelings to situations as well as interpret facial expressions.

Now find a quiet place where you and the child can be together and share this experience. Return to the book again and again as situations arise and the child needs to revisit the meaning of basic feelings.