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Book Tip Sheet

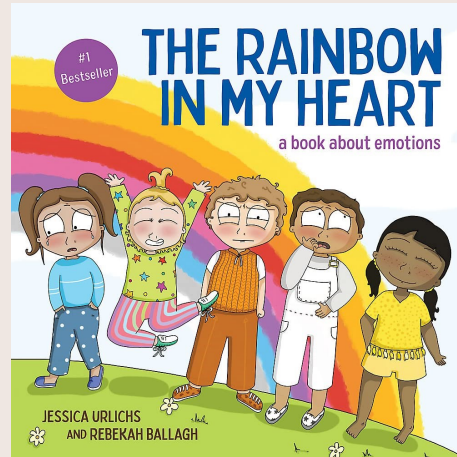
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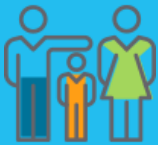
The Rainbow in my Heart

Jessica Urlichs and Rebekah Ballagh

Emotions can be tricky: read along, and together we can talk about the rainbow of emotions each of us experiences. We will see pictures and descriptions that help us understand some of the big emotions each person feels each day.



BEFORE READING...



- ▶ Find a quiet time and space to read this book. You may want to discuss some emotions your child has been feeling recently.
- ▶ Look at the front and back cover and ask your child - what do they think this book might be about?
- ▶ Ask about the people's faces - how do you think they are feeling?

WHILE READING...



- ▶ Look at the faces inside the cover, and ask: "Do you think all of these people are feeling the same emotions? Which emotion is each person feeling?"
- ▶ Pause often to consider each page and the feeling it describes. Pay attention to how your child is responding and encourage their comments and questions.
- ▶ Compare the emotions on the children's faces on the last page to those earlier.

AFTER READING...



- ▶ Review each page and emotion. Ask your child if they have ever felt those emotions. "Can you think of a time that you were sad and needed time alone or a cuddle to feel better?" "What are some things that make you feel happy?" "Can you tell me about a time you felt proud?"
- ▶ Ask your child "Who can you speak to if you have a big feeling?" Remind them that they can talk to you about any feelings they have.

Email read@unitedway.com.au for address changes or any questions!