

The little book about feelings

A book that encourages children to express their feelings, to express their needs and wants, and also to help them empathize with other people's feelings, needs and wants.

by Liv Larsson

Illustrated by Maria Tison – Larsson

Most of us has very few words to express what we are feeling and needing and then we have a hard time in helping our children to create a vocabulary that is filled with these words. When we lack these words we find other, sometimes destructive ways to express what is going on in us.

This book gives us a possibility to help our children get more access to how they can express what's going on in them, and what they want, in a way that is not at the expense of other people's needs. That will support them in handling conflict in a more friendly way. This is the first step in educating for peace and a book that can enrich both the children and the adults that are reading and playing with this book together with them.

The little book about feelings is based on the approach of Nonviolent Communication. It focuses on feelings and how they show us what we need. It also asks us what we can do to meet our needs. The book contains some text about feelings and needs and is also made as a workbook as it has quite a lot of blank pages with only a question on top – for example – what can you go to meet you need for belonging? These blank pages can be used by the children to draw and write on and can be a very supportive base for constructive talks about how everybody's needs could be taken in account.

In the end you will find games and exercises that groups of children and adults can go together to learn even more about how to communicate and cooperate in a way that cares for everyone.

Liv Larsson has written 10 books about Communication, conflict resolution and meditation and is a certified trainer in Nonviolent Communication. She does trainings all over the world and has trained peace-workers, teachers, parents, activists, and people in all kind of organizations.

”I hope I'll live to see that children that lives now will have another way of handling conflicts on this planet that we that are adults now are using. And this change is never far away as children has a natural connection to their inner life and we just need to give them tools to keep on having that connection in the world we have created. They need support in finding words that will match their inside.”

” Liv Larsson, author of The Little book about Feelings

Lilla Känsloboken (Friare Liv förlag 2007).

Liv Larsson

Illustrations Maria Tison- Larsson

Original language Swedish

For more information contact Publisher Kay Rung +46 (0)70-3933971

kay@friareliv.se, www.friareliv.se

Liv Larsson +46 (0)70 54 54 799 liv@nonviolentcommunication.se