



# Take a Deep Breath: A book about being brave (Our Emotions and Behavior)

*Sue Graves*

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## **Take a Deep Breath: A book about being brave (Our Emotions and Behavior)** Sue Graves

Lucy is afraid of dogs, Josh doesn't like to go in the pool, Dan doesn't want the nurse to touch his bruised knee, and Ben is afraid to go on stage in front of people. Follow along as these friends learn that when something scares them, they can take a deep breath and feel brave enough to get through their ordeals.

### **Our Emotions and Behavior series**

The Our Emotions and Behavior series uses cheerful brightly illustrated stories to help kids understand how their emotions and actions are related—and how they can learn to manage both. At the end of each book, a two-page series of pictures invites kids to tell a story in their own words. A special section for adults suggests discussion questions and ideas for guiding children to talk about their feelings.

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