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It's OK to Cry

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[Lucy Staines](#) [3]

~~Not a Choice:~~

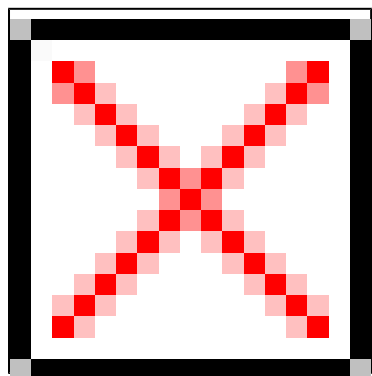
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Media type:

Book

BfK Rating:

4



[4]

Figures for male suicide in the UK are shockingly high, and if we are going to change things then starting young is the way to do it. From the best-selling author of [How Are You Feeling Today?](#) [5] comes this new picture book that sets out to help children, and boys in particular, develop their emotional intelligence. Molly Potter begins by exploring why boys tend to struggle with their emotions, presenting a series of everyday scenarios that all children will recognise, in which boys are encouraged to 'be tough?'. She then looks at a series of different emotions, positive and negative, again via illustrated scenes so that young readers can understand when they might experience them. The text accompanying these is very clear and will prompt lots of discussion. Equipped with the ability to articulate to themselves and others exactly how they are feeling and why will enable children to deal with strong emotions. The illustrations by Sarah Jennings are fun and friendly, and Potter's approach will prove very helpful for children, parents and teachers alike.

Source URL (retrieved on Apr '21): <http://imap.booksforkeeps.co.uk/issue/243/childrens-books/reviews/its-ok-to-cry>

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[2] <http://imap.booksforkeeps.co.uk/issue/243>

[3] <http://imap.booksforkeeps.co.uk/member/lucy-staines>

[4] https://www.amazon.co.uk/How-Can-That-Into-Words/dp/1472942426/ref=sr_1_1?dchild=1&keywords=it's

ok to cry&qid=1592067483&s=books&sr=1-1

[5] <https://www.bloomsbury.com/uk/how-are-you-feeling-today-9781472906090/>