Emotions: Feeling
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Illustrated by Camilla Garofano

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The proposed activities are inspired by the studies of Daniel Goleman on emotional development and concern child's reflection on the characteristics of emotions, on one's own and others' emotional states and on the association of physical characteristics to certain emotions. In the book the 6 basic emotions and the 2 social emotions are analysed. In this activity book the ability developed is Feeling: by training child's emotional ability, we can provide them with tools to face the most complex situations and the most difficult and important tasks, which could not be entrusted solely to the intellect. Ages: 5 to 7

Chiara Piroddi is a psychologist and psychotherapist, specialising in child and adolescent psychopathology. Graduating in Psychology in 2007 from the University of Pavia, she attended a Masters course in Neuropsychology in 2009, and in 2013 specialised in Cognitive Psychotherapy in Childhood and Adolescence after a four-year course at the Crocetta Clinical Center in Turin, Italy.**Camilla Garofano** was born in Empoli, Italy. After many years designing theater costumes, she finally turned to designing imaginary worlds and creatures leading to a career in digital media, particularly in illustrations for children. She is a member of Fuffa, an illustration studio based in Tuscany that was created by a team of four friends passionate about illustration and books. Together they make picture, activity, and interactive books, as well as puzzles and toys. Between them, they have years of experience in the editorial field, and they share the same goal: to create something beautiful.