

What To Do When It's Not Okay

A Gentle Book on Childhood Blues

From waking up on the wrong side of the bed, to dealing with something weighing on their minds, sometimes kids can feel down. Learning ways to handle their emotions can be difficult for children, especially when they experience a setback. This empowering book, **What To Do When It Is Not Okay**, shares ways to develop coping skills and overcome emotional challenges.

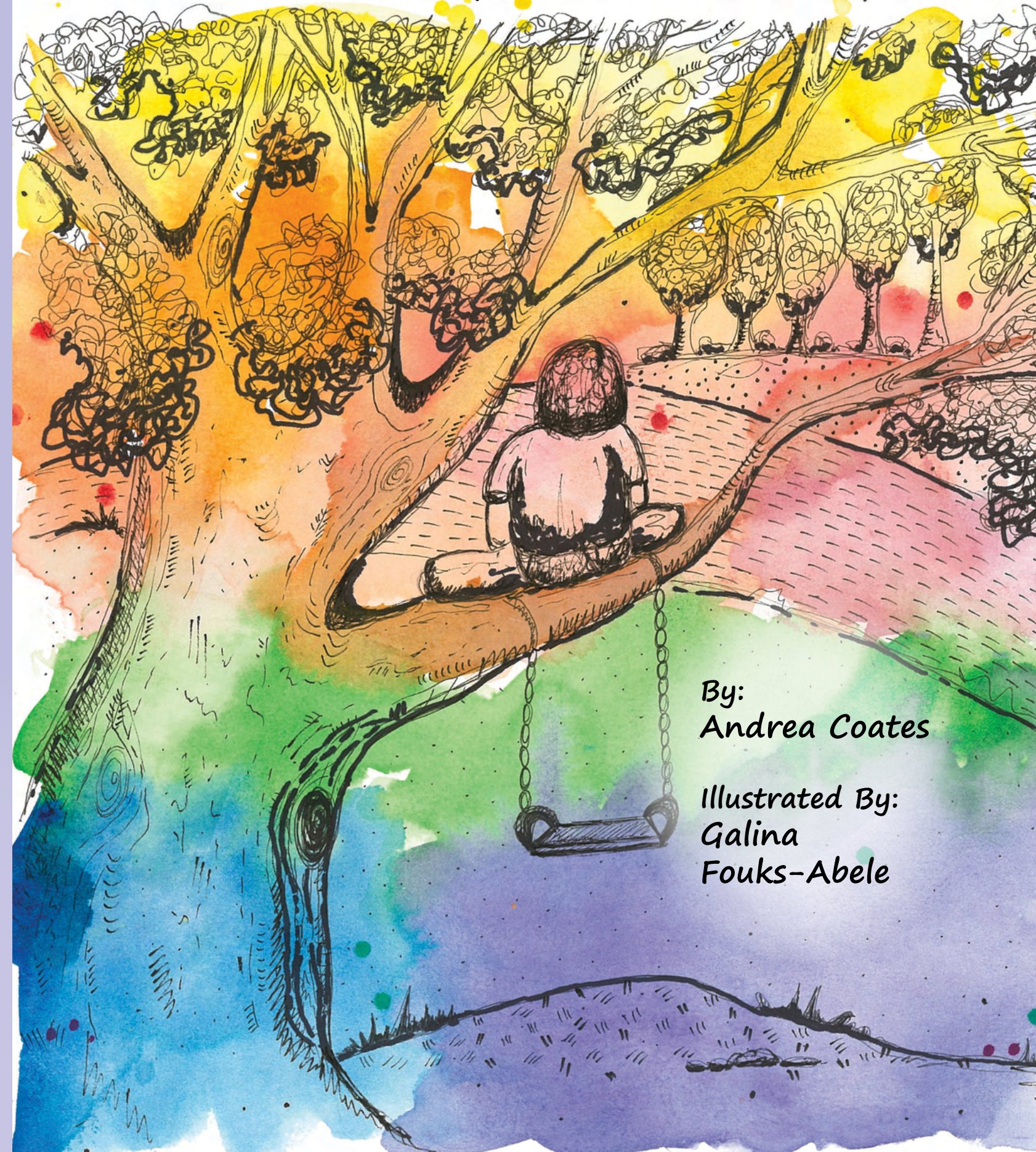
By:
Andrea Coates

Illustrated By:
Galina Fouks-Abele

www.accoates.com

What To Do When It's Not Okay

A Gentle Book on Childhood Blues



By:
Andrea Coates

Illustrated By:
Galina
Fouks-Abele

Page 15

When you say your goodbye to the thing that was wrong,
your feet feel much lighter, your heart sings a song.

Page 16

Joy will spread from your heart to your head and your toes.
To solve problems makes room for happiness that grows!