



# Ice Cream Cone Feelings

*Theresa J. Gaser, Paul Weaver*

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## **Ice Cream Cone Feelings** Theresa J. Gaser, Paul Weaver

Feelings are like big scoops of ice cream that get stacked on an ice cream cone. When we do not process feelings they melt together and can make a big mess! The Ice Cream Cone Feelings book is a fun and interactive story that teaches children and adults a unique process designed to minimize emotional messes. Life throws lots of challenging events our way. This books helps families who are going through everyday challenges as well as divorce, death, child abuse, bullying or other life changing events. Ice Cream Cone Feelings teaches readers to recognize how and why they feel the way they do and they learn to interact with their emotions in healthy new ways. After reading this book, children get excited and encouraged to share their thoughts and feelings. This is a life skill they will remember and leads to healthy communication skills. Children realize they have control and they are bigger than their feelings. When teaching this, we naturally build a deeper connection within the family This is important because as they get older, children naturally pull away from their parents/caregivers. The more tools we teach them, the better their communication skills are as we begin dealing with the changes of adolescence and adulthood.

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