

## “Just Feel: How to Be Stronger, Happier, Healthier, and More” by Mallika Chopra



**About *Just Feel: How to Be Stronger, Happier, Healthier, and More*:** Featuring full-color illustrations, *Just Feel* is an engaging and easy-to-read guide that introduces kids to the building blocks of resilience and grit. The U.S. and other nations are quickly becoming aware of the importance of children's ability to be independent and meet challenges head on; parents are eager for resources that help kids learn how to navigate life on their own. *Just Feel* is one of the very few books on social and emotional health that speaks directly to kids. Designed specifically with kids ages 8-12 in mind, the book clearly addresses important topics such as flexibility, responsibility, communication, creativity, and self-knowledge. Written by the respected writer and wellness expert Mallika Chopra, *Just Feel* will effectively teach kids how they can balance their emotions and make positive choices for themselves.



**About The Author:** Mallika Chopra is a mom, media entrepreneur, public speaker and published author. She is the author of *Just Breathe: Meditation, Mindfulness, Movement and More* and *Just Feel: How to be Stronger, Healthier, Happier and More* - accessible, fun, how-to books filled with full-color illustrations written for 8-12 year olds. In *Living With Intent: My Somewhat Messy Journey to Purpose, Peace and Joy*, Mallika shares insights she gained while seeking meaning and balance as a mom and entrepreneur who felt she was overwhelmed by work, family and too many responsibilities. Mallika has taught meditation to thousands of people, and enjoys speaking to audiences around the world about intention, balance and living a life of purpose.



### Read Aloud Tips:

- Take turns reading.
- Allow this book to help stimulate conversations around self-care and the transcend into a new stage of development.
- Ask students to identify some of their favorite self-care and coping strategies mentioned in the book. Encourage them to discuss why they liked these mechanisms and how they plan to utilize them in the future.

### Additional Resources:

Find more information on other books that can be used in your class library at [literacy.roosevelt.edu](http://literacy.roosevelt.edu).

