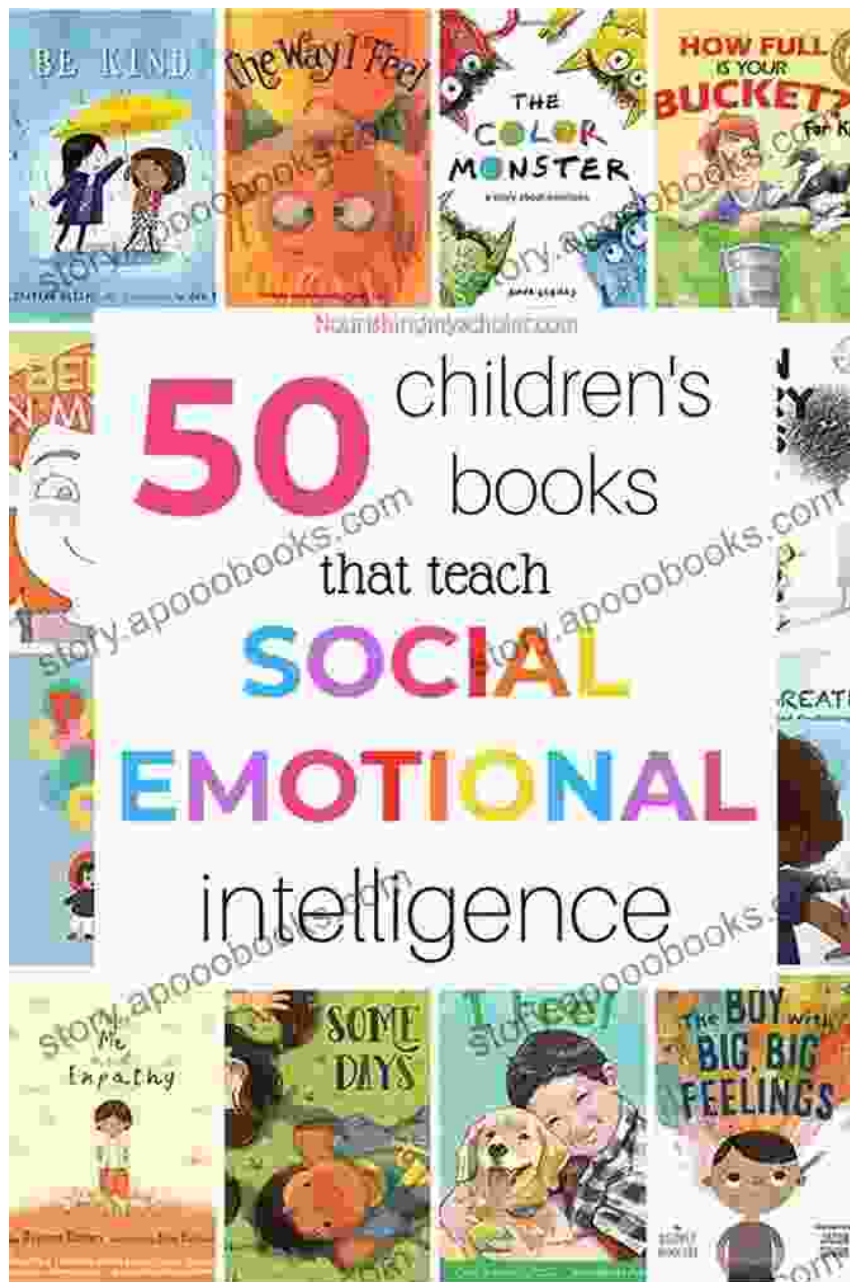


# Emily Breaks Free from Bullying: A Must-Have Picture Book for Emotional Intelligence



## Empowering Children to Overcome Bullying

Bullying is a pervasive issue that affects children of all ages. It can have devastating effects on their emotional and mental well-being, leaving them

feeling isolated, depressed, and anxious. Fortunately, there is hope. Emily Breaks Free from Bullying is a powerful children's picture book that provides an empowering message of resilience and courage. This book is an invaluable tool for helping children understand and overcome bullying, fostering empathy and self-esteem along the way.



## **EMILY BREAKS FREE Bullying Children's Picture Book (Joan's Children's eBooks for Emotional and Cognitive Development)** by Linda Talley

★★★★☆ 4.2 out of 5

Language : English

File size : 8706 KB

Screen Reader: Supported

X-Ray : Enabled

Print length : 32 pages

Lending : Enabled



### **A Story of Triumph and Healing**

Emily Breaks Free from Bullying tells the story of a young girl named Emily who faces relentless teasing and bullying at school. At first, Emily feels ashamed and worthless. But with the help of her loving parents and a wise teacher, she learns to stand up for herself and break free from the cycle of bullying.

Emily's journey is a powerful reminder that we all have the strength to overcome adversity. It teaches children that they are not alone and that there are people who care about them. Emily Breaks Free from Bullying

also provides practical tips for children on how to deal with bullies, including:

\*

- Ignoring bullies and walking away
- Telling an adult they trust
- Standing up for themselves in a calm and assertive way

## **Building Emotional Intelligence in Children**

Emily Breaks Free from Bullying is not just a storybook; it's a tool for emotional development. This book helps children understand the importance of empathy and compassion. It also teaches them how to manage their emotions, cope with stress, and build resilience.

By reading Emily Breaks Free from Bullying, children will learn:

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- The difference between healthy and unhealthy relationships
- How to identify and avoid bullying behavior
- The importance of speaking up against bullying
- How to cope with the emotional effects of bullying
- Strategies for building self-esteem and resilience

## **A Valuable Resource for Parents and Educators**

Emily Breaks Free from Bullying is a valuable resource for parents and educators. This book can be used to start conversations about bullying and provide children with the tools they need to overcome this challenge. It can also be used in classrooms to teach children about empathy, compassion, and self-esteem.

If you are looking for a powerful and inspiring book that will help your child overcome bullying, then Emily Breaks Free from Bullying is the perfect choice. This book will empower your child to stand up for themselves, build resilience, and achieve their full potential.

### **Free Download Your Copy Today!**

Emily Breaks Free from Bullying is available now in paperback and ebook formats. Free Download your copy today and help your child break free from bullying.



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