



FANNI EMOTIONS

**Heartwarming stories that help
children learn everyday emotional skills**

2022

**State Award for
Public Information**

The Ministry of Education
and Culture in Finland

2019, 2020, 2021

Bestseller

Source: Finnish
Publishers Association

2019

**Punni award,
honorable mention**

The Finnish Institute For
Children's Literature

FANNI
EMOTIONS

Heidi Livingston & Julia Pöyhönen
Fanni Emotions Oy

MEET FANNI AND HER FRIENDS!



Hi, my name is Fanni. I live with my Mom. You can recognize me by the tear-shaped marks in my ears and my orange skin. I'm a pretty emotional little elephant. I have a lot of feelings, and I feel them strongly. I'm happiest when I'm playing with my friends. Let me introduce them to you!

This is Ralf, a rambunctious liger. Ralf's dad is a lion and his mom is a tiger! I like Ralf because he's so cheeky and creative. Things are always exciting when Ralf is around!



These black swans are Lilli and Lenni. Lilli and Lenni share the same birthday because they're twins! They live with their dads.

I like Lilli because she tells funny stories and always knows what to say. I like Lenni because he's thoughtful and comes up with the best ideas.

All four of us are different, but we get along really well. Come join us on our adventures!

WHAT IS FANNI EMOTIONS?

Finland's best selling SEL brand and
one of the most popular children's series

“ Like magic that changes both adults and children.

- A Korean reader

WHAT?

Created by Finnish family psychologists with passion for supporting caregivers to raise emotionally competent children.

Loved by both children and adults, we combine compelling stories and charming, relatable characters with practical information about emotional processing.

HOW?

We both provide caregivers with the tools that they need to support children's emotional development and teach children these skills directly. Stories are a natural, fun way for children to learn!

WHY?

Emotional skills have a significant impact on children's overall well-being: mental and physical health, self-esteem, learning, and ability to form and maintain meaningful relationships.



OVER
85,000
COPIES SOLD

FANNI EMOTIONS: AN OVERVIEW



- **Six picture books** targeted for the age group of 4–7, each including exercises and a theory section for adults
- **Fanni's Feelings Cards**
- Postcards and wall calendars

COMING IN 2022/2023



- **The Miu series** - Board books for the age group of 0–3
- **The Secret of Being a Good Parent:** a parenting book
- **Fanni and Baby Miu** - The Fanni series continues!
- **Brand licensing:** Clothing, playgrounds and play structures, and more

WHAT'S IN A FANNI BOOK?

ILLUSTRATED STORY



1

Beautifully illustrated by *Linnea Bellamine*, the compelling stories describe Fanni's adventures with her three best friends. Each story teaches an everyday emotional processing skill.

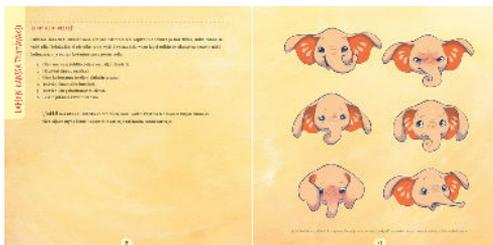
THEORY



2

Comprehensive theoretical background and practical tools for caregivers and educators for supporting emotional development.

EXERCISES



3

Fun exercises for children, caregivers, and educators to strengthen emotional skills. Suitable for 1:1 or group setting.

WHAT OUR READERS SAY

There's something truly touching and healing in the book Fanni's Big Feelings. I was like Fanni - a child with big feelings. When I read this book, the young child in me feels heard and seen. I am so grateful for that.

A learning experience for both parents and children.

I was immediately interested when I heard about these books. I was doubtful my kids would be interested though. We have read the first one now and today they asked for more Fanni for a bedtime story.

My firstborn is just like Fanni: empathic and social with big emotions. After having had a night of big feelings, my child brought me the book Fanni's Big Feelings last night and asked to read it at bedtime "because I feel weird right now and I want to get that lump out." An amazing thing for a 7-year-old to recognize!

Cute illustrations, wonderful characters, plenty of useful information and practical tips also for adults.

I have read the book both in the role of a parent and as an educator and in both situations it has been very well received.

These books discuss powerful emotional experiences in a humane, gentle, and non-judgmental way that makes it easy for children to understand.

The animal characters in the books are relatable with their witty comments. We had some really good conversations with my kids after reading these books.

The books have beautiful illustrations and versatile exercises to improve emotional processing skills. I especially liked how the books represent different kinds of families

It's only six books but it's so useful that you would think it's more!

The more I read, the more I feel healed. It's good for adults to read as well.

ABOUT THE AUTHORS



Photo: Heidi Strengell

Julia Pöyhönen and Heidi Livingston are Finnish psychologists who specialize in child development and parental support. Their motto is: reliable psychological information belongs to everyone!

The books' enchanting illustrations are the work of Linnea Bellamine.

The books are originally published in Finnish by Kumma kustannus.

*The Ministry of Education and Culture in Finland granted Pöyhönen, Livingston, and Bellamine the **State Award for Public Information** in 2022 for the Fanni series. The award is granted for major information publication work in the field of scientific, artistic and technological information dissemination that has increased citizens' knowledge and stimulated societal debate.*



FANNI'S BIG FEELINGS

Identifying and Labeling Emotions



Fanni, the little elephant, and her mother are going to a village party. Fanni is feeling excited and curious. However, everything does not go as planned. After an unfortunate ball-tossing game, Fanni is suddenly overcome by a big lump of emotions that she cannot name. Fanni is ashamed and feels that she is different from others. Fanni's mother gives her a task, through which she notices that there are emotions everywhere. Will Fanni succeed in melting the lump of emotions away?

Fanni's Big Feelings teaches the concept of an emotional lump - the experience of having multiple feelings at once or having difficulty identifying one's emotions or reasons behind them. The story and the exercises offer an opportunity to practice identifying and labeling emotions. These skills create the foundation for learning other emotional processing skills.

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The Finnish Institute For
Children's Literature



- First Published** August 2019
- Copies Sold** 15,500
- Printings** 4
- Format** Hard cover, 215x215 mm, 46 pages
- Illustrated story: 11 spreads
 - Theory for adults: 5 spreads
 - Exercises for children and adults: 3 spreads



CONTENTS

- Fanni's Big Feelings

Emotional Skills

- What are emotional skills and why do they take practice?
- Why do we need feelings?
- Identifying and labeling feelings is the key to expressing them constructively
- Learning to identify and label feelings
- Physical sensations vs. emotions

Exercises

- With children
- For adults

FANNI AND THE AMAZING FEELING'S THERMOMETER

Regulating Emotions



In the middle of a picnic in a park, Fanni, the little elephant, and her friends notice that a flower garden is drooping. They learn that these special flowers can be saved only by regulating the emotional temperature of the park. Will Fanni and her friends succeed in lowering the readout of the feeling's thermometer in the flower garden from red back to green?

Children can experience a variety of feelings from disappointment to joy and from surprise to disgust - all within one day! The ability to regulate the intensity of their emotions helps children improve their self-esteem and create and maintain meaningful relationships. The story and the exercises in this book teach children how to recognize the intensity of emotions which creates the foundation for learning emotion regulation.

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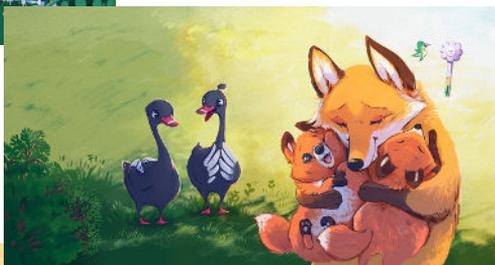
2019

**Punni award,
honorable mention**

The Finnish Institute For
Children's Literature



- First Published** August 2019
- Copies Sold** 12,500
- Printings** 4
- Format** Hard cover, 215x215 mm, 56 pages
- Illustrated story: 14 spreads
 - Theory for adults: 7 spreads
 - Exercises for children and adults: 3 spreads



CONTENTS

- Fanni and the Amazing Feeling's Thermometer

Emotional Skills

- What are emotional skills and why do they take practice?
- Regulating different emotions
- Feeling's Thermometer helps in regulating emotions
- How to be a co-regulator?
- Emotional regulation for adults

Exercises

- With children
- For adults

FANNI AND THE EASYGOING SLOTH

Stress Management and Relaxation



Fanni, the little elephant, and her friends are making final preparations for a dance that everybody is looking forward to. The workful days are taking their toll and the parents notice that Fanni and her friends need a break. Fanni goes on to ask for help from a sloth who seems to know how to take it easy, lying on a tree branch. What kind of advice does the sloth have for the quarrelsome and tired friends?

Children experience stress just like adults but it is sometimes challenging to recognize and evaluate children's stress. This story and the exercises allow children to practice stress management and relaxation together with an adult. Being able to regulate stress is key for being able to regulate emotions!





First Published August 2019
Copies Sold 10,600
Printings 3
Format Hard cover, 215x215 mm, 48 pages

- Illustrated story: 12 spreads
- Theory for adults: 5 spreads
- Exercises for children and adults: 3 spreads



CONTENTS

- Fanni and the Easygoing Sloth

Emotional Skills

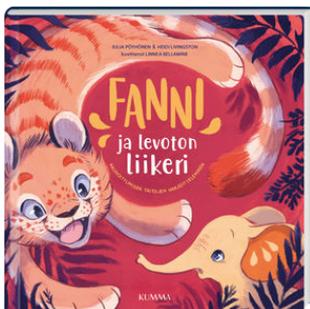
- What are emotional skills and why do they take practice?
- Children and stress
- The impact of stress on emotional skills
- How to teach stress management?
- Stress management for adults

Exercises

- With children
- For adults

FANNI AND THE RESTLESS LIGER

Self-Regulation



Ralf the liger is waiting anxiously for the upcoming meeting of the pride. Tonight, he will attend it with his dad for the very first time! However, during the day the excitement and restlessness grow overwhelming, and playing with friends becomes difficult. By the pond, the group of friends meet a lively joey who has a proposition for Ralf. Will Ralf be able to calm himself down with the kangaroo's advice?

We can regulate the intensity of our own emotions through our thoughts and actions. Being able to calm down your body is an important building block of successful emotion regulation. This story and the exercises teach easy, practical ways for self-regulating. Children learn how to regulate emotions and tame restlessness through regulating their bodies.





First Published April 2020 in Finnish
Copies Sold 9,000
Printings 2
Format Hard cover, 215x215 mm, 48 pages

- Illustrated story: 12 spreads
- Theory for adults: 4 spreads
- Exercises for children and adults: 4 spreads



CONTENTS

- Fanni and the Restless Liger

Emotional Skills

- What are emotional skills and why do they take practice?
- Emotions are a full-body experience
- Hyperactivity and restlessness
- Tools for self-regulation

Exercises

- With children
- For adults

FANNI AND THE SCARY NIGHT

Overcoming Fears



Fanni and her friends have finally gotten permission from their parents to sleep in a fort that they have built in the forest. They are full of enthusiasm and anticipation – until it is time to go to sleep. The sounds from the forest seem to get louder by the moment, and the sleepover ends short. Next morning, the frustration gets the friends to wonder how to overcome their fears. Will they be able to find the courage and sleep in the fort overnight?

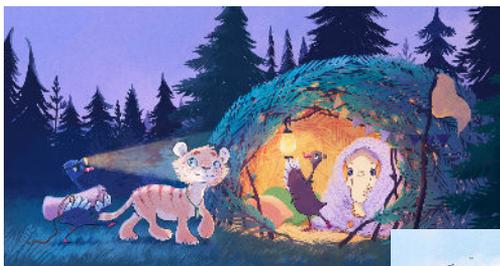
We can regulate the intensity of our own emotions through our thoughts and actions. Our thoughts can calm us down or agitate our feelings to grow stronger. This story and the exercises teach children how to use regulating self-talk as a way to calm down. The book additionally presents practical tools for practicing overcoming fears.





First Published April 2020
Copies Sold 7,900
Printings 2
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story: 13 spreads
- Theory for adults: 5 spreads
- Exercises for children and adults: 5 spreads



CONTENTS

- Fanni and the Scary Night

Emotional Skills

- What are emotional skills and why do they take practice?
- Interpretations provoke emotions
- Emotions impact the tone of our self-talk
- Mantras help in emotion regulation
- Fears are part of typical development
- A co-regulator helps process and overcome fears

Exercises

- With children
- For adults

FANNI AND THE TANGLED TWINS

Constructive Arguing



Lately, the black swan siblings Lilli and Lenni have started bickering about almost everything. When Lilli, in her anger, messes up Lenni's counting of acorns, pecking and hurtful words are not spared. Instantly, a fight breaks out! Will the siblings find a way to mitigate anger and resolve the quarrel?

It is difficult to be constructive when we are angry because anger incites us to attack - whether it is with malicious words or physical aggression. It is difficult to be emphatic and see things from the other person's perspective before regulating yourself. Through this story and the exercises, children understand that everyone sometimes needs space in order to be able to control their words and actions. Children learn important skills for constructive arguing: expressing your feelings and needs, emotion regulation, and apologizing.





First Published September 2021

Copies Sold 7,000

Format Hard cover, 215x215 mm, 56 pages

- Illustrated story: 13 spreads
- Theory for adults: 6 spreads
- Exercises for children and adults: 5 spreads



CONTENTS

- Fanni and the Tangled Twins

Emotional Skills

- What are emotional skills and why do they take practice?
- Taking space as a tool for emotion regulation
- Needs behind anger and frustration
- Steps for constructive arguing
- It takes time to say "I'm sorry"

Exercises

- With children
- For adults

FANNI'S FEELINGS CARDS

Emotional Processing and Problem Solving



Fanni and friends make practicing emotional skills easy and fun!

Fanni's Feelings Cards help children process and understand all kinds of feelings - whether it's sparkling joy or devastating disappointment. The deck includes descriptions of emotions and emotional situations familiar to many children.

The pictures and exercises in the Feeling's Cards emphasize the importance and meaning of different emotions. The exercises teach tools for emotion regulation and help children become more familiar with their own emotions and reactions. The dilemmas presented in the Problem Solving Cards teach children perspective taking, empathy, and problem solving.





First Published January 2020
Copies Sold 10,000
Printings 2
Size 148x210 mm, 31 cards

Surin ikäilu

Surin on jaksien oman-
 tunteita, jotka voivat tulla,
 häiritä ja häiritä - mikäkin
 asia voi tulla toisen saaneen-
 mielen, jota pidämme
 arvokkaana.

Surin, etkö ole on-
 nellinen siitä, mitä sinulla on?

Miksi, miksi olet tyytymättömiä? Miksi olet tyytymättömiä? Miksi olet tyytymättömiä?
 Onko joku ollut sinulle vaikeasti? Mitä se tarkoittaa?

Tunnepöytä

Pieni kassa väliaikasta asiana, josta jätetään pois se, on ja jotka
 saavat sinut tuntemaan kipeyttä, hämmästyttävää tai iloa, jotka
 ovat sinulle tärkeitä ja tavoitettavissa olevia. Pieni aseton
 kassa on sinun elämäsi. Jotta sinä ja se on ja jotta, joka toimii
 voimalla ja tunteilla. Miksi olet tyytymättömiä, josta sinä olet
 ohi kipeyttä, vettä kassa, mikä huomaut?

Ilmei ilmei
 onnellisuus ja
 juttua pehveli siltä.

**Ilmestymisen
 ja pulman**

Ilmestymisen ja pulman
 onnellisuus ja juttua pehveli siltä?
 Onnellisuus ja juttua pehveli siltä?

Ilmestymisen

- Miksi olet, että olen tyytymättömiä? Ilmestymisen ja pulman onnellisuus ja juttua pehveli siltä?
- Miksi olet, että olen tyytymättömiä? Ilmestymisen ja pulman onnellisuus ja juttua pehveli siltä?
- Miksi olet, että olen tyytymättömiä? Ilmestymisen ja pulman onnellisuus ja juttua pehveli siltä?

Jokaisella tuntemuksella on oma merkitys. On hyvä pitää
 mielessä, että tyytymättömiä onnellisuus ja juttua pehveli siltä voi
 tulla. Onnellisuus ja juttua pehveli siltä onnellisuus ja juttua pehveli siltä
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THE DECK INCLUDES

- **18 Feeling's Cards, including**
 - The meaning of the feeling
 - Questions and conversation starters
 - Feeling's activity
- **9 Problem Solving Cards, including**
 - Practical steps for processing emotions and problem solving
 - Questions and conversation starters
- **Feeling's Thermometer Card**
- **Ideas and Examples for Activities**

**COMING IN
MARCH 2023!**

FANNI AND BABY MIU
Adapting to Big Changes



Meet the newest friend in Vinhavaara!

Ralf the Liger is experiencing some big changes when his baby sister Miu is born. After the initial excitement, Ralf grows tired of everything revolving around the baby. He feels like Miu gets all of the attention. When Miu becomes seriously ill, Ralf is worried. He said something mean to Miu when he was mad – is this all his fault?

Becoming a big sibling, experiencing parental separation, and other major changes in a child's life provoke an array of feelings. Children benefit from adults' support to process these feelings.

The story and the exercises in this book help understand different emotional reactions related to change, and offer tools to support children with adapting to change. The book also introduces ways to build a positive relationship between siblings in its different phases.

The book's expressive, enchanting illustrations are the work of **Linnea Bellamine**.

MIU'S DAY OF EMOTIONS

Miu is a little baby liger whose day is filled with emotions! The morning sun brings happiness, an unfortunate outdoor play causes frustration, and her heart is filled with love by the good night kisses from her parents. So many feelings in one day!



The Miu series focuses on emotional skills for 0–3-year-olds. The board book Miu's Day of Emotions teaches emotion recognition and increases understanding of different emotional reactions.

The adorable illustrations are the work of children's book illustrator and graphic designer **Larissa Saloranta**.

THE SECRET OF BEING A GOOD PARENT

Parenthood is one of the most complicated roles that we are thrown into. It's easy to become overwhelmed by both real and imaginary expectations. The question of good parenting quickly becomes a comparison between different actions and choices.

But parenting is really about the relationship between you and your child. It's growing together.

Muting the internal and external pressure allows you to focus on what really matters: your child.

This book introduces six needs behind your child's behavior, concrete tools to understand the behavior and to guide it in a way that nurtures the special parent-child-relationship. This is a practical guide for every day emotional dilemmas and an empathic hug for everyone battling with the pressures of parenting.

There are countless ways to be a good parent. This book will help you find yours.



WORLDWIDE RIGHTS AVAILABLE!

Contact us to inquire about **foreign rights** to ensure high quality SEL literature in your language area!



Woongjin Think Big Co., Ltd., South Korea, 8/2022

CONTACT US

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TRANSLATION GRANTS

FILI (Finnish Literature Exchange) offers grants to support the translation of Finnish literature. These grants are intended for publishers outside Finland and are to be applied towards the translator's fee.

fili.fi/grants



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