

Julia Pöyhönen & Heidi Livingston: Fanni Emotions

## FRONTLIST

### SPRING 2024

The Fanni Emotions new titles in Spring 2024 focus on separation anxiety and processing feelings of sadness and longing.



#### **Fanni's Giant Longing - Processing Separation**

Fanni's mom is going away on a trip and Fanni will stay with her friends. Everything is going well until mid-play, Fanni notices a strange longing. She certainly misses her mom - but she also misses her dad, whom she has never met. How to alleviate these two very different types of longing?



#### **Miu Wants to Go Home**

Miu the liger is spending the day with her grandparents while her parents take the day to themselves. Miu does many fun activities with her grandparents but she keeps feeling homesick. Luckily Grandma thinks of a way to make Miu feel better. This board book helps young children process and understand feelings related to separation from important adults.

### OCTOBER 2023



#### **What Does Miu Need?**

Baby Miu experiences so many feelings in one day. But the feelings don't come out of nowhere - there's a need behind every emotion. When our needs are met, we feel well. This book teaches how to recognize needs and introduces tools to meet them.



#### **Fanni's Adventures in Dreamland**

Anything is possible in dreamland! *Fanni's Adventures in Dreamland* takes children on fun but calming adventures in the Vinhavaara village. The four **sleep stories** in this book help children fall asleep and teach important skills from stress management to relaxation.

## CONTACT US

**Heidi Livingston & Julia Pöyhönen** [fanniemotions.com](http://fanniemotions.com)

Fanni Emotions Oy

[team@fanniemotions.com](mailto:team@fanniemotions.com)

PL 150, 00811 Helsinki, FINLAND

[@fanniemotions](https://www.instagram.com/fanniemotions)



Julia Pöyhönen & Heidi Livingston: Fanni Emotions

## BACKLIST

from 2023 to 2019



### **The Secret of Being a Good Parent**

Parenthood can feel overwhelming. How can one person meet all the imaginary requirements to be a good parent? But what really matters is the relationships between the parent and the child. Written by two Finnish family psychologists, this book introduces 5 needs behind a child's behavior to help you understand your child, build a meaningful parent-child-relationship and to find *your way* to be a good parent.



### **What Does Miu Need?**

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! This board book teaches emotion recognition and increases understanding of different emotional reactions.



### **Fanni and Baby Miu - Adapting to Big Changes**

Becoming a big brother causes Ralf an array of emotions from excitement to jealousy and frustration. When Ralf's baby sister Miu falls seriously ill, Ralf is worried. He said something mean to Miu when he was mad – is this all his fault?



### **Fanni and the Tangled Twins - Constructive Arguing**

Lenni and Lilli are getting into one argument after another! The twins both need some space to feel calm. Fanni helps Lilli tell her brother about her feelings and needs.



### **Fanni and the Scary Night - Overcoming Fears**

Fanni and her friends want to spend the night in a fort that they built in the woods. But the darkness of the night is far too scary! The friends practice finding their courage with a calming mantra.



### **Fanni and the Restless Liger - Self-Regulation**

Ralf is excited - it's his birthday and he has some special plans for the night, but his restlessness almost ruins the day. He practices kangaroo breathing to calm down his body.



### **Fanni and the Easygoing Sloth - Stress Management & Relaxation**

Fanni and her friends are stressed out because of an upcoming village ball. They meet a friendly sloth who teaches them relaxation.



### **Fanni and the Amazing Feeling's Thermometer - Emotion Regulation**

During a trip to the park, Fanni and her friends meet a humming bird whose garden is not doing well. All of the flowers are wilted because of some strong emotions in the park. In order to save the flower garden, the four friends need to find a way to help the animals in the park regulate their feelings.



### **Fanni's Big Feelings - Recognizing and Labeling Emotions**

Fanni is ashamed of her big emotions. Her mother gives her a task that helps her see that there are emotions everywhere. *Fanni's Big Feelings* teaches the concept of an emotional lump - the experience of having multiple feelings at once.



### **Fanni's Feelings Cards**

This deck of activity cards includes 19 feeling's cards, 9 problem solving cards, and a Feeling's Thermometer card. The cards teach children all steps of emotional processing: allowing emotions, identifying, labeling, and regulating them, and problem solving.