



FANNI EMOTIONS

Learning emotional skills can be fun and easy!



2023, 2019-2021

Bestseller

Source: Finnish Publishers Association



2023

Book of the Year finalist

Suomalainen bookstore



2023

Children's Book of the Year finalist

Adlibris Bookstore



2022

State Award for Public Information

The Ministry of Education and Culture in Finland



2019

Punni award, honorable mention

The Finnish Institute For Children's Literature

FANNI
EMOTIONS

MEET FANNI AND HER FRIENDS!



Hi, my name is Fanni. I live with my Mom. 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 swan twins are Lilli and Lenni. 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 well.
Come join us on our adventures!

WHAT IS FANNI EMOTIONS?

An award-winning children's series and
Finland's best selling SEL brand

“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.

Practical tools and compelling stories for parents, 0-3-year-olds, and 3-8-year-olds.

HOW?

We provide caregivers with the tools that they need to support children's emotional development and teach children these skills directly. Stories are a fun way for children to learn and our charming characters ensure that everyone can find someone to relate to.

WHY?

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



150,000
COPIES SOLD

ABOUT THE AUTHORS



Photo: Heidi Strengell

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

The books' expressive, enchanting illustrations are the work of *Linnea Bellamine and Larissa Saloranta*.

The books are originally published in Finland by *Kumma kustannus*.



The stories take place in Vinhavaara, an idyllic place with villagers who value nature and community.

NEW IN 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.

THE FANNI SERIES

WHAT'S IN A FANNI PICTURE 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.



FANNI'S ADVENTURES IN DREAMLAND

Gentle Sleep Stories for Children

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.

First Published October 2023 in Finnish
Format Hard cover, 56 pages
 Includes 4 sleep stories and exercises for children



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?

BESTSELLER
2023

First Published March 2023 in Finnish
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story: 14 spreads
- Theory for adults: 7 spreads
- Exercises for children and adults: 3 spreads

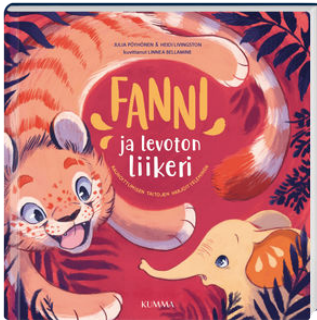


FANNI AND THE TANGLED TWINS

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.

First Published	September 2021 in Finnish
Copies Sold	10,000
Printings	2
Format	Hard cover, 215x215 mm, 56 pages <ul style="list-style-type: none">• Illustrated story: 13 spreads• Theory for adults: 6 spreads• Exercises for children and adults: 5 spreads



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.

First Published	April 2020 in Finnish
Copies Sold	9,000
Printings	3
Format	Hard cover, 215x215 mm, 48 pages <ul style="list-style-type: none">• Illustrated story: 12 spreads• Theory for adults: 4 spreads• Exercises for children and adults: 4 spreads



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.

First Published April 2020 in Finnish
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



FANNI'S FEELINGS CARDS

Emotional Processing and Problem Solving

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.

**19 Feelings
Cards**



**9 Problem
Solving Cards**

First Published January 2020 in Finnish
Copies Sold 10,000
Printings 3
Size 148x210 mm, 31 cards



FANNI AND THE EASYGOING SLOTH

Stress Management and Relaxation

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

First Published	August 2019 in Finnish
Copies Sold	10,600
Printings	3
Format	Hard cover, 215x215 mm, 48 pages
	<ul style="list-style-type: none"> • Illustrated story: 12 spreads • Theory for adults: 5 spreads • Exercises for children and adults: 3 spreads

FANNI AND THE AMAZING FEELING'S THERMOMETER

Regulating Emotions

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.



First Published	August 2019 in Finnish
Copies Sold	12,500
Printings	4
Format	Hard cover, 215x215 mm, 56 pages
	<ul style="list-style-type: none"> • Illustrated story: 14 spreads • Theory for adults: 7 spreads • Exercises for children and adults: 3 spreads



FANNI'S BIG FEELINGS

Identifying 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.

First Published	August 2019 in Finnish
Copies Sold	15,500
Printings	5
Format	Hard cover, 215x215 mm, 46 pages <ul style="list-style-type: none">• Illustrated story: 11 spreads• Theory for adults: 5 spreads• Exercises for children and adults: 3 spreads

THE MIU SERIES

Miu is a board book series that focuses on emotional skills for 0–3-year-olds. The adorable illustrations are the work of children's book illustrator and graphic designer **Larissa Saloranta**.



BESTSELLER
2023

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!

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

First Published March 2023 in Finnish
Printings 3
Format Board book, 16 pages

WHAT DOES MIU NEED?



BESTSELLER
2023

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.

First Published October 2023 in Finnish
Printings 2
Format Board book, 14 pages

FOR PARENTS



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

This book introduces five 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.

The cartoon like illustrations in this book are the work of **Jenni Kuhalainen**.

First Published March 2023 in Finnish by Tuuma-kustannus
Printings 2
Format Hard cover, 239 pages

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!

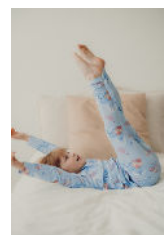
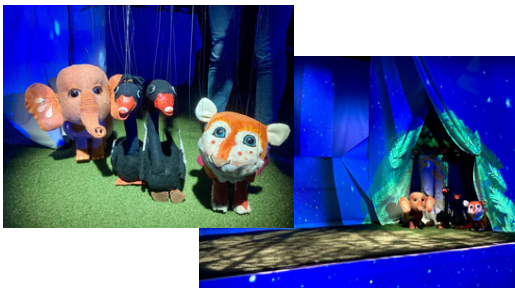
The more I read, the more I feel healed. It's good for adults to read as well.

BOOKS AND SO MUCH MORE!

Fanni Emotions is more than just a book series! We are always looking for new ways to reach children and their grown-ups who are curious to learn about emotions and emotional skills!

Fanni Emotions includes

- Translations in multiple language areas, including China, Korea, and Norway
- Audiobooks and eBooks
- Trainings and webinars for parents and educators
- Brandlicensing products, including parks and play structures to support emotional development (Lappset), a puppet theatre play (Sampo, Helsinki), and two clothing collections (Metsola)



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

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

