



NEARLY
400,000
COPIES SOLD

FANNI EMOTIONS

Learn Emotional Skills the Fun and Easy Way!



2025-2023, 2019-2021

Bestseller

Source: Finnish Publishers Association



2025

**The Finnish Non-Fiction Authors'
Association's Award**



2025, 2024, 2023

Children's Book of the Year Finalist

Adlibris Bookstore



2022

State Award for Public Information

The Ministry of Education and Culture in Finland



2023

Book of the Year Finalist

Suomalainen bookstore



2020

Punni award, honorable mention

The Finnish Institute For Children's Literature

FANNI
EMOTIONS

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 awarded Finnish family psychologists. Practical tools and compelling stories for all age groups and parents.

HOW?

We provide caregivers with the tools that they need to support children's emotional development and teach children these skills directly.

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.

ABOUT THE AUTHORS



Photo: Marjo Tynkkynen

The authors *Heidi Livingston (MA)* and *Julia Pöyhönen (MA)* are psychologists who specialize in supporting families, child development and emotional skills. Julia lives in Helsinki, Finland and Heidi lives in Vermont, USA.

The authors have been recognized with the State Award for Public Information by Finland's Ministry of Culture and Education and The Finnish Non-Fiction Authors' Association's annual award.

FANNI EMOTIONS: AN OVERVIEW

1

Allowing emotions

2

Identifying & labeling emotions

3

Regulating emotions

4

Meeting needs, problem solving



0-3-YEAR-OLDS

The Miu series

- 7 board books for the littles
- Miu's Feelings Cards and a practical guide for adults

7-9-YEAR-OLDS



The Juno series

- First title coming out May 2026

YA



Non-fiction: *Everything Will Be Okay – A Guide to Your Mind*



3-8-YEAR-OLDS

The Fanni series

- 9 picture books including exercises + a theory section for adults
- Fanni's Feelings Cards
- 2 sleep story books

PARENTS



Parenting books:

- *The Emotionally Skilled Parent*
- *The Secret of Being a Good Parent*

NEW FOR BABIES AND TODDLERS

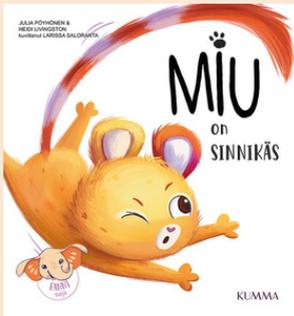


Miu's Emotional Learning Kit

Practising emotional skills is fun with Miu! This comprehensive emotional learning kit invites adults and children to explore the wonderful world of feelings together.

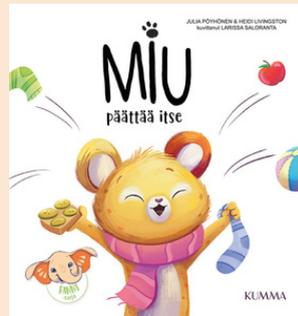
The set includes emotion rhyme cards, a guide for adults and a Miu poster.

Illustrated by *Larissa Saloranta*.



Miu is Persistent

Max can do a great somersault, but Miu can't — not yet. So Miu needs to practice! But the possibility of failing makes the little liger cub feel nervous and Miu doesn't want to try at all. How can Miu be encouraged to keep practicing and not give up? Illustrated by *Larissa Saloranta*.

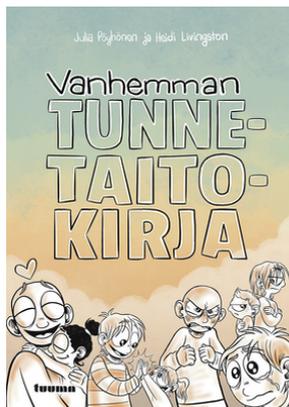


Miu Wants to Decide

Miu has had a bad day. She feels like no one understands her! Would it ease the little liger's defiance if she were allowed to do and decide some things all by herself? And what happens when Miu doesn't get to decide after all? Illustrated by *Larissa Saloranta*.

NEW FOR PARENTS

The Emotionally Skilled Parent



Parenting stirs up powerful emotions but many of us didn't learn strong emotional skills growing up. This book is for all parents and caregivers who want to bring more emotional awareness into everyday family life. Practical and easy to read, it helps deepen self-understanding and shows how to work with emotions so they become a source of strength rather than a burden.

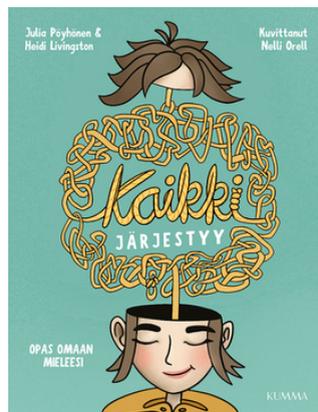
NEW FOR YOUNG ADULTS

Everything Will Be Okay – A Guide to Your Mind

This fill-in book is an approachable information package full of inspiring exercises and tools for adolescents and young adults. Readers will learn to understand their mind and behavior and build their well-being piece by piece.

This book supports you when things are going well and especially when the world feels like it's collapsing around you and everything is tied up in knots.

Illustrated by *Nelli Orell*.



NEW FOR EARLY READERS

JUNO: EMOTIONAL SKILLS FOR 7-9-YEAR-OLDS

Juno - Lonely Kosmo

Juno has a principle: to fix all injustices! So Juno doesn't stand by when the new classmate, Kosmo, is lonely. Juno decides to make them best friends!



Juno looks up online how to become friends. You have to spend time together — 40 hours?! With a stopwatch in hand, making friends turns out not to be so easy after all...

This easy-to-read and engaging story invites children to read and helps them explore and process emotions.

Illustrated by *Jauri Laakkonen*.



Will be published in Finnish by Otava in May 2026.

THE FANNI SERIES

Written by family psychologists

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.

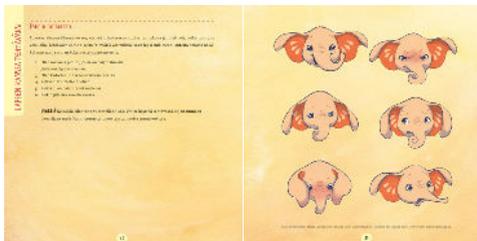
THEORY



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 AND THE BULLIED BUDDY

Learning Friendship Skills



First Published February 2025 in Finnish
Copies Sold 8,400
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

BESTSELLER
2025

FANNI'S HAPPINESS ADVENTURES IN DREAMLAND

Sleep Stories to Boost Well-Being



First Published October 2024 in Finnish
Copies Sold 16,900
Format Hard cover, 56 pages
4 sleep stories + exercises for children

BESTSELLER
2024

FANNI'S GIANT LONGING

Processing Separation



First Published March 2024 in Finnish
Copies Sold 10,800
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

BESTSELLER
2024



FANNI'S ADVENTURES IN DREAMLAND

Gentle Sleep Stories for Children

BESTSELLER
2023

First Published October 2023 in Finnish
Copies Sold 26,100
Format Hard cover, 56 pages
 4 sleep stories + exercises for children



FANNI AND BABY MIU

Adapting to Big Changes

BESTSELLER
2023

First Published March 2023 in Finnish
Copies Sold 26,900
Printings 2
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

FANNI AND THE TANGLED TWINS

Constructive Arguing



First Published September 2021 in Finnish
Copies Sold 23,100
Printings 2
Format Hard cover, 215x215 mm, 56 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

BESTSELLER
2021

FANNI AND THE SCARY NIGHT

Overcoming Fears



BESTSELLER
2020

First Published April 2020 in Finnish

Copies Sold 23,900

Printings 3

Format Hard cover, 215x215 mm, 56 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

FANNI AND THE RESTLESS LIGER

Self-Regulation



BESTSELLER
2020

First Published April 2020 in Finnish

Copies Sold 32,900

Printings 4

Format Hard cover, 215x215 mm, 48 pages

- Illustrated story
- Theory for adults
- Exercises for children and adults

FANNI'S FEELINGS CARDS

Emotional Processing and Problem Solving



First Published January 2020 in Finnish

Copies Sold 17,600

Printings 3

Size 148x210 mm, 31 cards

19 Feelings
Cards



9 Problem
Solving Cards

FANNI AND THE EASYGOING SLOTH

Stress Management and Relaxation



- First Published** August 2019 in Finnish
Copies Sold 26,400
Printings 4
Format Hard cover, 215x215 mm, 48 pages
- Illustrated story
 - Theory for adults
 - Exercises for children and adults

FANNI AND THE AMAZING FEELING'S THERMOMETER

Regulating Emotions



- First Published** August 2019 in Finnish
Copies Sold 32,000
Printings 5
Format Hard cover, 215x215 mm, 56 pages
- Illustrated story
 - Theory for adults
 - Exercises for children and adults

BESTSELLER
2019

FANNI'S BIG FEELINGS

Identifying and Labeling Emotions



- First Published** August 2019 in Finnish
Copies Sold 44,800
Printings 6
Format Hard cover, 215x215 mm, 46 pages
- Illustrated story
 - Theory for adults
 - Exercises for children and adults

BESTSELLER
2019

THE MIU SERIES

Miu is a board book series that focuses on emotional skills for 0–3-year-olds. Written by family psychologists *Heidi Livingston* and *Julia Pöyhönen*. The adorable illustrations are the work of children’s book illustrator and graphic designer *Larissa Saloranta*.

Themes in Miu books:

- Self-awareness and body literacy
- Needs behind emotions
- Separation anxiety
- How emotions affect our behavior
- Social skills



MIU GRABS A TOY

First Published February 2025 in Finnish
Copies Sold 7,800
Format Board book, 16 pages

BESTSELLER
2025

NEW IN
2025



MIU AND THE CHAIN OF KINDNESS

First Published October 2024 in Finnish
Copies Sold 11,800
Printings 2
Format Board book, 16 pages

MIU
kaipaa
kotiin

JAAKKOPUOLAN & MERI LINDSTENIN
KUMMA LUKUJÄRJESTYS



BESTSELLER
2024

MIU WANTS TO GO HOME

First Published March 2024 in Finnish
Copies Sold 10,100
Printings 2
Format Board book, 14 pages



BESTSELLER
2024 & 2025

WHAT DOES MIU NEED?

First Published October 2023 in Finnish
Copies Sold 17,600
Printings 3
Format Board book, 14 pages



BESTSELLER
2023-2025

MIU'S DAY OF EMOTIONS

First Published March 2023 in Finnish
Copies Sold 24,100
Printings 4
Format Board book, 16 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

Copies Sold 9,400

Printings 3

Format Hard cover, 239 pages

BESTSELLER
2023

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!

A versatile children's brand loved by both children and adults

Fanni Emotions includes

- Translations in multiple language areas, including China, Korea, and Norway
- Audiobooks and eBooks
- Trainings and webinars for parents and educators
- Children's Culture: events, music, and concerts
- Brandlicensing products, including parks and play structures to support emotional development (Lappset), a puppet theatre play (Sampo, Helsinki), two clothing collections (Metsola), and smoothies (Muru Baby)



FOREIGN RIGHTS AVAILABLE!

Contact us to inquire 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: fili.fi/grants

FANNI
EMOTIONS