



# Life's Not Always Fair: A Child's Guide to Managing Emotions

*Sharon Scott*

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## **Life's Not Always Fair: A Child's Guide to Managing Emotions** Sharon Scott

At last, a way to teach elementary-age children how to manage their emotions without losing their attention (or your mind)! In his latest book, Nicholas the Cocker Spaniel makes it fun for kids to learn what to do when they feel sad, mad, scared, or confused, as well as how to handle happy emotions without bragging.

With the increase of violence in our society, disrespectful attitudes of people of all ages, and the inability of young and old alike to manage their emotions, it is imperative for us to teach young children how to deal with stressful situations. We must help them learn how to cope in positive, life-affirming ways with these emotions.

To address this important issue, Sharon Scott and her Cocker Spaniel "co-author" Nicholas have joined forces, basing *Life's Not Always Fair* on actual events in the lives of Nicholas and his four animal friends. Complete with problem-solving exercises, delightful illustrations, and easy-to-follow suggestions, this book helps children in grades 1–5 develop strategies for coping with stress and maintaining emotional well-being. Children can recover more quickly from setbacks and upsets if they are taught how to calm down, shake off gloom, and deal with fear or confusion. Emotional intelligence is crucial to helping children thrive and succeed.

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