

## Use Janan Cain's *The Way I Feel*



©Janan Cain, author/illustrator, *The Way I Feel*

### to show how *you* feel!

*The Way I Feel* overflows with pictures of kids who describe what it feels like to be happy, excited, bored, frustrated, disappointed, shy, and proud.

To learn how to draw happy, angry or sad faces, see the Parenting Press web site for tips from artist Janan Cain herself: [ParentingPress.com/wayifeelplan.pdf](http://ParentingPress.com/wayifeelplan.pdf).

For messages to your friends, print off notecards with Mrs. Cain's drawings of zany characters: [ParentingPress.com/activities.html](http://ParentingPress.com/activities.html).

Parenting Press  
[www.ParentingPress.com](http://www.ParentingPress.com)  
(800) 992-6657

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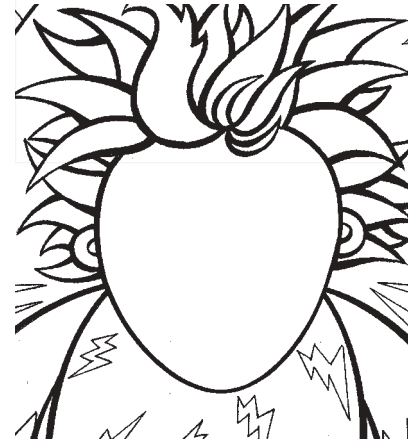
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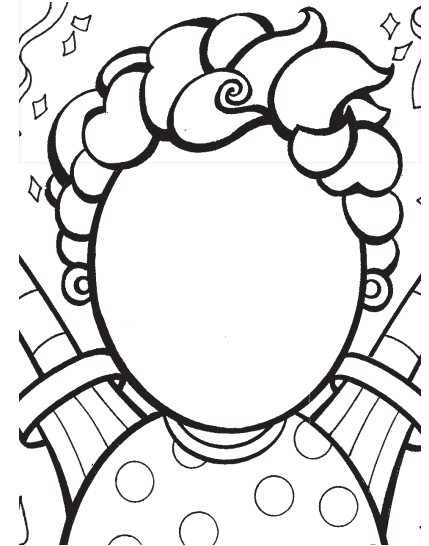
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