

Jan P. Ameli  
Rocco Discovers • Feelings And Emotions

*This book is dedicated to all the parents and caregivers who give their best every day and give so much love to their children.*

*From the bottom of my heart, I would like to thank my family for their continuous love and support.*

**JP Ameli**

Jan P. Ameli

# ROCCO DISCOVERS FEELINGS AND EMOTIONS

Illustrations by Mariia Stepanova



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Am Urnenfeld 21, 35396 Giessen, Germany  
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Author: Jan P. Ameli  
Illustrations: Mariia Stepanova  
Proofreading: Melba Hefferon  
Typesetting: Dr. Katharina Ameli  
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## Introduction

*Dear parents and caregivers,*

Reading together with you is one of the most beautiful and valuable experience in a child's life. Rocco has prepared some suggestions to make the reading of this book with your child a very special experience:



1. Take your time when reading
2. Encourage your child to reflect
3. Read the story in an exciting way
4. Give your child time for creative thought processes

When you have finished reading the story, feel free to leave the book within reach. Rocco has prepared some pages at the end of the story to write a diary of your child's feelings and to practice mindfulness. Fill out the diary together with your child, preferably in the evening before bedtime.

In today's fast-paced world with few rest periods, your child should have some quiet time now and then. Rocco and his diary can be the foundation for your child's quiet time.

*Rocco wishes you and your children many wonderful moments together.*

Hello, I am the meerkat "Rocco".

I am happy you are joining me to go on an expedition today.

Are you ready? Then let's go!



Today let's explore our sensations and emotions.  
Let's find out together what they are.  
It's going to be fun!

