



## What Letter Shall We Look At Today?

Animals, Emotions, And Stories From A to Z

### Blurb

Step into the world of animal names from A to Z – meet Ava the angry alligator, Harry the happy hippo, and Zena the zigzag-loving zebra.

Sometimes, feelings can be really overwhelming; naming an emotion can help a child to regulate and understand them.

This book gives children the opportunity to talk about feelings, self-regulation, and more. It is supported by questions involving different animals and scenarios they may recognise and understand.

**Author** Carla Gunn, **Genre** Children's SEL, **Date** February 2026, **Formats** Paperback and ebook, 58 pages (Paperback)

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