



# Visiting Feelings

*Lauren Rubenstein*

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## **Visiting Feelings** Lauren Rubenstein

Visiting Feelings encourages children to treat their feelings like guests — welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, Visiting Feelings harnesses a young child's innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.

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