

Book Review: Everybody Gets Nervous, by Veronica Dinkins



Everybody Gets Nervous is a wonderful book for children that helps them understand the feeling of nervousness and how to cope with it. The story is told through the eyes of a young girl named Sofia, who is feeling nervous

about her first day of school. Sofia's妈妈,爸爸, and老师 all help her to understand that it's okay to feel nervous, and that everyone gets nervous sometimes. The book also provides some helpful tips for how to cope with nervousness, such as taking deep breaths, talking to someone you trust, and practicing what you're nervous about.

I really enjoyed reading Everybody Gets Nervous with my daughter. It's a great book that helped her to understand her own feelings and how to cope with them. I would highly recommend this book to any parent or teacher who is looking for a book to help children understand the feeling of nervousness.



Everybody Gets Nervous by Veronica Dinkins

★★★★★ 5 out of 5

Language : English
File size : 8279 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 16 pages



Here are some of the things I liked most about Everybody Gets Nervous:

- * The story is relatable and engaging. Children will be able to identify with Sofia and her feelings of nervousness.
- * The book provides a clear and concise explanation of what nervousness is and how it affects people.
- * The book offers helpful tips for how to cope with nervousness.
- * The illustrations are bright and colorful, and they help to make the book engaging for children.

Overall, I think Everybody Gets Nervous is a great book that can help children to understand and cope with the feeling of nervousness. I would highly recommend this book to any parent or teacher who is looking for a book on this topic.

Here are some additional resources that you may find helpful:

* [The National Institute of Mental Health]

(<https://www.nimh.nih.gov/health/topics/anxiety-disFree>

Downloads/index.shtml) * [The Anxiety and Depression Association of

America](<https://adaa.org/>) * [The Child Mind Institute]

(<https://childmind.org/>)

I hope this review has been helpful. Please feel free to leave a comment below if you have any questions or thoughts about the book.



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