

Emotional Strength for Kids: A Parental & Caregiver's Guide

Companion Handbook to Jordyn's Journey to Emotion Island

By Raiysa Nazaire, NPT-C



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ABOUT THE AUTHOR

Hi, I'm Raiysa Nazaire.

My journey into mental wellbeing began with a profound personal tragedy. In 2008, my son Khaliyq, full of vigor and promise, died by suicide due to undiagnosed depression. His loss left me questioning how someone so vibrant could fall into such severe imbalance. This led me to study mental health, where I discovered that Khaliyq's struggles were textbook examples of mental distress. I felt robbed that such crucial information wasn't more accessible.

Determined to honor my son's brilliance and to prevent others from experiencing similar pain, I became a mental and emotional wellbeing advocate. I founded The Young Tiger Foundation for suicide awareness and prevention, wrote a book about Khaliyq's life, developed a personal practice for conscious balance, and continue to write educational books.

Through my work, I've realized that mental and emotional distress need not be the epidemic it is today. A simple education in mental and emotional well-being can help everyone live a more fulfilling and joyful life. My mission is to make this knowledge go viral, ensuring that equanimity (mental and emotional balance) becomes a normalized practice for all, starting with our youth.

Let's give them a head start!



Khaliyq Nazaire
1980-2008

EMOTIONAL STRENGTH FOR KIDS: A PARENT & CAREGIVER'S HANDBOOK

GETTING STARTED

Starting the journey of emotional wellbeing with your young ones involves creating a trusting relationship where they feel heard without judgment. It also means modeling healthy coping mechanisms through your own actions and growth. Regular check-ins and open dialogue, combined with practices like meditation also foster a strong, vibrant parent-child connection.

As we travel along with Jordyn on her journey, the focus is on building three basic and age appropriate skillsets: understanding, expressing, and managing emotions.

Understanding Emotions

Use Simple Language:

Begin by explaining emotions in terms they can easily understand. For example, "Sometimes we feel happy, like when we play our favorite game, and sometimes we feel sad, like when a toy breaks."

Name the Feelings:

Help them identify and name their emotions. You can say, "It looks like you're feeling angry because your block tower fell down. It's okay to feel that way."

Expressing Emotions

Share Your Own Feelings:

Model emotional awareness by sharing your feelings. "Mommy feels tired today because she worked a lot. I think I need a little rest."

Create a Safe Space:

Encourage open dialogue by letting them know it's okay to talk about their feelings. "You can always tell me how you're feeling, and I'll listen."

Praise Emotional Expression:

Celebrate when they express their feelings. "I'm proud of you for telling me you were scared. That was very brave."

Share Deep Feelings: Model hard or intense emotions by sharing your feelings. "Dad feels sad because I miss my own father. Sometimes, I miss talking to him."

Managing Emotions

Teach Simple Coping Skills:

Introduce basic techniques like deep breathing. "When you feel upset, try taking a deep breath with me. Breathe in like you're smelling a flower, and breathe out like you're blowing out a candle."

Lead by Example:

Show them how you handle your emotions. If you're feeling frustrated, you might say, "I'm feeling a bit frustrated, so I'm going to take a few deep breaths to calm down."

WELCOME TO EMOTION ISLAND

Understanding Emotions

1. Explain What Emotion Island

Represents:

Emotion Island represents the wonderful world inside each of us where all our feelings live. It's a place where you can explore and understand your emotions, just as Jordyn does. This helps you learn more about yourself and how to handle different feelings.

2. Introduce the Concept

Have your young one imagine they are like Jordyn, sailing on a rainbow to a magical place called Emotion Island. This island is where all your feelings live, and each feeling is a different shade of color in the rainbow.

3. Emotions are felt as feelings:

Just like on Emotion Island, every feeling you have is important. Happiness might feel like a bright, sunny yellow, making you feel warm and cheerful. Sadness might feel like a deep blue, making you feel quiet and thoughtful. Ask how happiness and sadness feel to them.

4. Emphasize the Uniqueness of Each Emotion:

Every emotion, whether it's happy, sad, angry, or excited, is special and has its own magic. Just like the colors of the rainbow, our emotions make us who we are and tell us about how we relate to what is going on around us.

Tip: Make the Discussion Unique to Your Child

As you read through the book, try to relate the story to your child's own experiences. For example, if your child recently felt sad because a favorite toy broke, you can say, 'Remember when you felt sad like Jordyn did? It's okay to feel that way, and it's part of your own Emotion Island adventure.' This personal connection can make the discussion more relatable for your child.



THE WIND OF EMOTIONS

Explaining the Nature of Feelings

1. Explain how emotions are like the wind:

Emotions speak to the body as feelings. Sometimes emotions and feelings are calm and gentle, like a soft breeze that makes you feel peaceful and happy. These are the moments when you feel content, relaxed, or joyful, like when you're playing with a friend or cuddling with a pet. Other times, your feelings can be strong and powerful, like a big gust of wind that might seem overwhelming. These are the moments when you feel angry, scared, or very excited, like when you're facing a challenge or something unexpected happens. Feelings are the way emotions are expressed in the body.

2. Describe the Variability of Feelings:

Just as the wind changes, your feelings can change too. Sometimes you might feel happy and light, like a gentle breeze. Other times, you might feel angry or upset, like a strong wind blowing hard. Both kinds of feelings are natural and important.

3. Emphasize the Temporary Nature:

Feelings, like the wind, come and go. They don't stay forever. Even if you feel sad or angry right now, remember that those feelings will pass, just like a stormy wind eventually calms down.

4. Highlight the Growth Aspect:

Just as the wind helps kites soar high up in the sky, our feelings help us learn and grow every day. When you feel different emotions, it's like the wind helping you understand more about yourself and the world around you.

Tip: Personalize the Analogy

Relate this to your child's experiences. For example, if your child felt nervous about a school event, you can say, 'Remember when you felt like a strong wind was blowing inside you? It's okay to feel that way, and just like the wind, those feelings passed. Didn't they?' This makes the analogy more relatable and comforting for your child.



THE TALKING TREES

Supporting Your Child's Emotional Expression

1. Offer Love and Support:

Just like the talking trees on Emotion Island support Jordyn, your love and support are the most magical gifts you can offer your child. Being there for them, listening, and showing empathy can make a world of difference.

2. Encourage Open Expression:

Emphasize the importance of sharing and expressing emotions openly. The trees on Emotion Island, serving as wise and nurturing guides, taught Jordyn that emotions, whether happy or sad, are a natural part of life's cycle.

3. Celebrate Joy:

When your child feels happy, encourage them to celebrate their joy by laughing, singing, and dancing. This celebration of happiness is like the branches of a tree reaching out and embracing Jordyn, showing that joy should be shared and expressed freely.

4. Offer Comfort in Sadness:

Conversely, when your child feels sad, you can be like the trees that wrapped their branches around Jordyn, offering comfort and a listening ear.

These compassionate tree's deep roots represent stability and support, teaching your child that it is okay to seek comfort and share their sorrows with parental figures.

Tip: Collaborate on Solutions

When addressing an issue, involve your child in finding a solution. This not only empowers them, it also teaches the value of teamwork and shared responsibility. For example, if your child is struggling with homework, work together to create a plan that makes it easier for them to focus, such as setting up a specific time and place for studying. This collaborative approach fosters a sense of support and partnership.



THE TALKING TREES

Collaborating on Solutions

A good way to begin collaborating on solutions is to start working on resolutions as you see an issue pop up.

For example, imagine your child has been neglecting their homework, and you need to address this issue. Instead of reacting impulsively or with frustration, you can approach the conversation with calmness and empathy.

Parent: "Hey sweetie, can we talk for a minute? I've noticed you've been having a tough time with your homework lately. I know it can feel like a lot sometimes."

Child: "Yeah, I just don't want to do it. It's too much."

Parent: "I understand. Homework can be hard. I want you to know I'm here to help you. When I was your age, I also had trouble with homework sometimes. Can you tell me what's making it hard for you right now?"

Child: "I don't know. I just get distracted and I have so much to do."

Parent: "Thank you for telling me. It sounds like distractions are making it hard. How about we make a plan together to help you focus? Maybe we can pick a special time and place for homework where you feel comfy and less distracted. What do you think?"

Child: "That might help. I can try that."

Parent: "Great! Let's give it a try and see how it goes. If that doesn't work, we'll try something else. Remember, it's okay to ask for help when you need it. We're a team, and I'm here to support you."

In this example, you're addressing the issue directly but with care and understanding. You're validating the child's feelings, sharing your own experiences to create a connection, and collaboratively finding a solution.

This approach not only helps your young one feel heard and supported, it also teaches them how to communicate their own truths with self empathy.

Modify this example to be appropriate for a child's age or maturity level.



THE RIVER OF CALM

Teaching Calmness

This soothing river becomes Jordyn's sanctuary for calm. It helps Jordyn transform her intense emotions into peace, whether that emotion is sadness, anxiety, fear, or any other heavy emotion.

To guide your child in finding calm, you can create a similar experience using these practices:

1. Breathing Techniques:

Teach your child to take smooth, deep breaths when they feel overwhelmed. Encourage them to imagine they are a balloon, filling up with air and then slowly letting it out. This helps to regulate heavy emotions and bring a sense of balance.

2. Mindful Observation:

Encourage your child to observe something soothing, like the flow of water, the movement of clouds, or the rustling of leaves. This practice helps them stay present and grounded.

3. Express Emotions Positively:

Guide your child to express their feelings through positive activities such as drawing, dancing, or singing. This helps to release emotional energy in a healthy way, and prevents the energy from becoming stuck.

By incorporating these practices, you can help your child develop tools to manage their emotions and find their own "sparkling river" of calm.

Tip: Create a Calming Space

Designate a special place at home where your child can go to find peace. It could be a cozy corner with soft pillows, a favorite chair by the window, or a spot in the garden.



THE MOUNTAIN OF COURAGE

Feel the Fear and Build Courage

1. Acknowledge and Normalize Fear:

Just as Jordyn felt scared during her adventure, it's important to let your child know that feeling afraid is a natural part of life. Reassure them that it's okay to be scared and that everyone experiences fear at times, especially when trying something new.

2. Encourage Small Steps:

Help your child take small, manageable steps towards overcoming their fears. Each step, no matter how small, can build their confidence and bravery, just like Jordyn's journey up the mountain.

3. Positive Affirmations:

Encourage your child to use positive affirmations. Remind them of Jordyn hearing the mountain whisper, "You can do it!" Teach your child to repeat similar affirmations to themselves, reinforcing their inner strength and resilience.

4. Celebrate Progress:

Acknowledge and celebrate your child's progress, no matter how small. Just as Jordyn felt like a superhero with each step forward, help your child recognize their own bravery and ability to persist.

6. Model Calmness and Courage:

Children often learn by observing their parents. Model calmness and courage in your own actions. Show them how you handle your fears and challenges with grace and resilience.

By incorporating these practices, you can help your child develop the tools to manage their fears, find calm, and build courage, just as Jordyn did on her enchanted mountain adventure.

Tip: Regularly Check In

Create a trusting relationship where your child feels heard without judgment. Regularly check in with them, ask thought-provoking questions, and share your own experiences of facing fears and overcoming challenges.



THE GARDEN OF FRIENDS

Fostering Emotional Sharing and Friendship

1. Create a Safe and Loving Environment

Just as Jordyn found a treasure chest of love and safety with her friends, ensure your home is a safe space where your child feels comfortable sharing their feelings. Emphasize the importance of love and protection within the family.

2. Encourage Open Communication

Teach your child that sharing their feelings with trusted friends and family is invaluable. Encourage them to express their emotions openly, knowing that they will be met with understanding and support, even when you need to express disagreement.

3. Model Emotional Sharing

Demonstrate how to share your own feelings in a healthy way. By being open about your emotions, you show your child that it's okay to be vulnerable and that sharing can lead to deeper connections.

4. Foster Strong Friendships

Help your child build and maintain friendships that are nurturing and supportive. Encourage activities that allow them to bond with their friends, such as playdates, group games, and collaborative projects. Be on the alert for nonproductive relationships as well, such as bullying.

6. Celebrate Emotional Strength

Reinforce the idea that sharing feelings with supporting friends makes them honest and brave. It's okay to be vulnerable because it helps you connect deeply with others and understand that everyone has similar fears and experiences.

Remind them that being open with your feelings can make your friendships stronger and help everyone feel more understood and accepted.

Celebrate these moments to build their confidence and emotional resilience.

Tip: Teach the Value of Togetherness

Explain how building comfortable and stable relationships fulfill our basic need for security, helping everyone feel valued and protected.

This comfort frees us up to navigate challenges with a sense of support and love.



BALANCING ON THE PATH OF LIFE

Help Your Child Embrace the Full Spectrum of Emotions

1. Encourage Emotional Exploration

Just as Jordyn experienced a range of emotions on her adventure, encourage your child to explore and acknowledge their own feelings. Let them know that every emotion, whether excitement or shame, is valid and contributes to their self-understanding.

2. Teach Self-Regulation Techniques

Help your child develop age appropriate techniques for self-regulation, such as deep breathing, mindfulness, color therapy, or journaling. These practices can assist them in managing their emotions and maintaining balance, even when external conditions appear bleak.

3. Model Emotional Balance

Here is another opportunity for you to demonstrate how you healthily navigate your own emotions. Or share how you expressed yourself poorly and where you could have done better. This shows that managing emotions is a lifelong journey of learning and adapting.

4. Encourage Reflection and Adaptation

Teach your child to reflect on their emotional experiences and see how they might do better next time.

5. Promote a Balanced Routine

Encourage a balanced daily routine that includes time for being, doing, and reflecting. Allow your child moments to simply be themselves without any pressure to justify or explain their feelings.

Being: Just being yourself and feeling your feelings

Doing: Doing necessary and fun things, and trying new activities

Reflecting: Thinking about what you did and how it made you feel

By incorporating these practices, you can help your child embrace the full spectrum of their emotions, fostering a balanced and resilient approach to life's adventures.

Tip: Build a Support Network for Your Child

Help your child embrace the full spectrum of their emotions by building a strong support network. Remember, "it takes a village to raise a child." Surround them with caring mentors who provide consistency and stability, especially during major life changes like divorce or loss. Whether your village offers healthy fresh perspective or echoes what you have been sharing, your child will benefit.

Encourage open communication and let them know it's okay to express their feelings. This network will help them process emotions and build resilience, equipping them to face hardships with strength and adaptability.



BALANCING ON THE PATH OF LIFE

Mindfulness Meditation Example

For children between the ages of five and nine, a simple and engaging mindfulness meditation can be both fun and helpful. Here's a short and easy practice:

Rainbow Breathing

1. **Find a Comfortable Spot:** Have the children sit comfortably on the floor or in a chair. They can also lie down if they prefer.

2. **Eyes Closed:** Encourage them to gently close their eyes and take a few ballon breaths in and out.

3. **Imagine a Rainbow:** Ask them to imagine a beautiful rainbow in their mind. For this meditation, each color of the rainbow represents a different feeling of calm and balance.

4. **Breathe in Each Rainbow Color:** Guide them to take a smooth, deep breath in and imagine breathing in the color red. As they breathe out, they can imagine spreading the red color throughout their body, making them feel warm and safe.

5. Move Through the Rest of the Rainbow Colors:

Orange: Breathe in orange and feel joy spreading through the body.

Yellow: Breathe in yellow and feel bright and cheerful.

Green: Breathe in green and feel calm and peaceful.

Blue: Breathe in blue and feel relaxed and serene.

Indigo (deep dark blue): Breathe in indigo and feel wise and thoughtful.

Violet: Breathe in violet and feel connected and loved.

6. **Feel the Energy:** After going through all the colors, ask your young one to sit quietly and feel the energy from the rainbow colors moving throughout their body, clearing their thoughts and making them feel calm and happy.

7. **Open Your Eyes:** After a few moments of quiet, they can slowly open their eyes and take a final ballon breath in and out.

This practice not only helps children focus on their breathing but also engages their imagination, making mindfulness a fun and colorful experience.

Tip: Participate in the Meditation

Actively participate in the meditation with them. By doing this, you can model the behavior and demonstrate the importance of mindfulness. This shared experience not only strengthens the caregiver-child bond, it also helps children feel more comfortable and engaged in the activity.

Additionally, you can use a soothing voice to provide positive reinforcement throughout the meditation. Encouraging words like: "You're doing a great job," or "Whatever shade of the color you see is perfect for you," can boost the child's confidence and make the experience more enjoyable.

Remember, the goal is to create a calm and supportive environment where your child feels safe to explore their inner world. This practice can become a cherished routine that fosters emotional wellbeing and mindfulness for both the child and the parent or caregiver.



THE MERRY-GO-ROUND OF FEELINGS

Create an Environment for Expression

1. Encourage Open Communication

Just as friends shared their feelings openly on the merry go round, encourage your child to express their emotions freely. Create a space where they can talk about feeling grumpy, excited, thoughtful, gloomy, or brave. Let them know that every emotion is like a colorful treasure, valuable and worth sharing.

2. Expressing All Emotions

Help your child understand that it's okay to express a wide range of emotions. Whether they feel like an angry stormy cloud or a joyful soaring eagle, each feeling is important. Encourage them to share their emotions without fear of judgment, reinforcing that it's a natural and healthy part of life.

3. Developmental Transformations

Create opportunities for your child to explore their emotions in a safe and supportive environment. Just like the enchanted merry-go-round, provide a space where they can ride through their feelings, acknowledging and expressing them. Guide them through phases of emotional exploration, helping them work through complex feelings and develop empathy.

The goal is to teach how to move through emotions instead of allowing them to become stuck inside us. Emotions are energy in motion, they serve us best when they are flowing.

Tip: Provide Emotional Support

Offer a listening ear and validate the merry-go-round of feelings that life brings. This reinforces that it's safe to express themselves and that you are there to support them through their emotional journey.

This approach not only aids in their personal growth, but also strengthens your bond with them creating a foundation of trust.



THE RAINBOW BRIDGE HOME

Navigating Emotions

1. Encourage Emotional Exploration

Help your child visualize their emotions as a vibrant island within them, filled with the full spectrum of feelings from high to low. Encourage them to explore this island, understanding that each emotion is a valuable part of their inner world. This imaginative approach can make the process of expressing emotions more engaging and less intimidating.

2. Foster Emotional Balance

Just as Jordyn learned to ride the rainbow of her emotions with balance, guide your child in finding equilibrium in their emotional expression.

Encourage them to express their feelings in a way that is healthy and constructive. This includes taking responsibility for their feelings instead of blaming or projecting them onto others.

Ask your child to imagine feeling sad because their friend didn't play with them. Instead of getting angry, they can calmly say, "I felt sad when you didn't want to play with me. I enjoy spending time with you." This way, the child takes responsibility for their feelings and expresses them constructively, helping their friend understand and strengthening their friendship.

By fostering open communication and modeling emotional regulation yourself, you create a safe space for your child to explore and understand their emotions. This not only helps them navigate their feelings but also cultivates resilience and emotional intelligence, essential tools to be used throughout life.

3. Emotion Cloud Coloring Exercise

Have your child write out and color their emotions using the Emotion Cloud sketch included in this parental guide.

Tip: Help Your Child Navigate

Regularly check in with young ones to ask thoughtful questions about their day and their feelings. For example, you might ask, "What was the best part of your day?" or "Did anything make you feel upset today?" This encourages them to reflect and share.

By acknowledging and understanding their feelings, children can make more informed and balanced decisions. This approach emphasizes that emotions are valuable guides for personal growth and understanding, aiding in the development of emotional intelligence and life-long resilience.



THE JOURNEY'S END, AND A NEW BEGINNING

Using Emotions as an Inner Compass

Jordyn's Journey to Emotion Island is really about learning more about ourselves and the world around us. While it's a mystical adventure, it teaches us about the power of emotions to guide us.

Like Jordyn, we all have the ability to navigate through these emotions, finding our own paths to better feeling emotions such as calm and courage.

As parents and caregivers, your role is to guide your child through their own emotional landscapes, helping them understand and embrace their feelings.

By acknowledging their fears, encouraging small steps, and celebrating their progress, you empower them to climb their own mountains. Remember, every step they take is a testament to their growing strength and resilience.

So, as you read Jordyn's Journey to Emotion Island together, remind your child that they too can shine brightly, just like Jordyn. With your support and love, they can conquer any mountain and find the courage within themselves to face any challenge!

Tip: Help Your Child Use Emotions as Guides

Teach your child to let their feelings guide them through life's experiences. Explain that emotions are like a compass, helping them navigate their relationships with themselves, others, and the world around them.

Emotions are like little guides that tell you what you need or what to do next. When you feel something, it's your heart's way of helping you understand and take care of yourself.

The Major Emotions chart on the next page will help you explain the message behind some basic emotions. Basic emotions are like the colors of the rainbow that you can see. A host of other emotions also provide us with guidance.



MAJOR EMOTIONS

EMOTION	MESSAGE	ACTION
Sadness	There's been a significant loss.	Grieving, healing & withdrawal, freeze
Fear	Shows what we need to overcome in order to be safe and balanced.	Urgently get to safety, fight or flight
Anger	Something is blocking the way from or attacking a thing we desire.	Protect, strike first, fight
Shame	Others will not approve of this action.	Hide, repress or project, flight
Guilt	You have not been true to yourself.	Resolve or make amends, fight
Happiness	This is working.	Do more of the same, thrive
Surprise	Something is unexpected, quickly tie in with other emotions that are relevant to the situation.	Figure out next steps, either survive or thrive



[#THINKBEWELLLNOW](#)



Major emotions help us survive as a species.

There are many more emotions to be explored in order to be able to express our true feelings and help us thrive. Scan above to view the adult version of the Emotional Wheel that shows different facets of each major emotion.

Reminder: Like a rainbow in the sky, you can see lots of beautiful major colors like red, blue, and yellow. But there are many more colors that we can't see in the rainbow. It's like our emotions. We might feel happy, sad, or angry, but there are so many combinations of emotions we can have also. Just as the rainbow has more colors than we can see, we have more emotions and feelings than we can always show.

EXERCISE IN EMOTIONAL EXPRESSION

THE EMOTIONAL CLOUD: NAME AND COLOR EMOTIONS

In the clouds, have your child write emotions to describe how they currently feel using the Express Yourself Emotional Wheel.



EMBRACE YOUR JOURNEY TOGETHER!

Parenting can be like riding a rollercoaster - thrilling and tricky! Your mission? Shape little humans into awesome versions of themselves. How? By diving into the rainbow of emotions, and nurturing resilience, empathy, and self-awareness.

Top Tips:

- **Chat About It:** Become your child's confidant by listening and talking openly. This builds emotional smarts early in life.
- **Show, Don't Tell:** Be the emotion maestro! Your child is watching, so demonstrate those healthy coping skills as much as possible. Lead by example!
- **Reflect, Don't React:** Teach your little one to hit pause, think, then act. It's like playing emotional chess for the soul!
- **Provide an Outlet:** Channel those emotions into activities like writing, dancing, or painting. Heavy emotions out, a lighter emotion in! Emotions, as energy in motion, need to flow.
- **Goal Getter:** Every child is a unique gem. Maybe the need is for less frustration and anger, or a happier outlook. Set emotional milestone goals tailored to your little person. It's like a GPS for growing up!
- **Feel the Feelings:** Give high-fives for their emotional expression. Let them know it's okay to feel it all!
- **Love and Logic:** Mix discipline with love. Natural consequences teach life lessons, and love keeps the bond strong. Let the emotional journey begin!

EMBRACE YOUR JOURNEY TOGETHER!

As you embark on this journey with your child to Emotion Island, remember that every step you take together is a valuable part of their growth. Just like Jordyn, your child will learn to navigate the color spectrum of their emotions with your guidance and support.

Celebrate their progress, no matter how small, and remind them that it's okay to feel every emotion that humans have been gifted with. By fostering a nurturing environment where they feel safe to express themselves, you're not only helping them find balance; you are also building a foundation of trust and understanding that will last a lifetime.

May your journey to Emotion Island be filled with moments of connection, learning, and love.

Together, you and your child can explore the beautiful spectrum of emotions, finding strength and wisdom in each experience. Remember, you're not just guiding them; you're also growing alongside them, discovering new depths of empathy and compassion within yourself.

Here's to a harmonious and heartfelt adventure,

Raiysa Nazaire

MORE BY THIS AUTHOR

Leaping Over The Hurdles of Life, A Tiger's Journey

Balance is a Juggling Act, How to Start a Mental Revolution for a Change in Thought

Everyday Emotional Vocabulary

Affirmations for Balanced Living

Getting to Balance (September 2024)

Be notified when the next Jordyn's Journey adventure comes out!



Raiysa the Author's website



Fluid

Publications

Thank You For Reading My Book!

**I really appreciate all of your feedback; and
love hearing what you have to say.**

**I need your input to make the next version of this
book and my future books better.**

**Please take two minutes now to leave a helpful review on
Amazon for Jordyn's Journey to Emotion Island letting me know what
you thought of the book.**

Thanks so much!

- Raiysa Nazaire