



# How Gregory Deals with a Case of Grief: Emotatude book 5 (Volume 5)

*Karen White Porter, Christi Grace Porter*

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Dr. Kich says "Children who experience grief need coping skills to guide them through these difficult moments." His research on Emotatudes will give children more emotional agility to help them build awareness and acceptance, later in life. Emotatudes are little vibratory beings that display what emotions look like, sound like, and act like. Emotatudology gives our feelings names and even paint pictures of what they look like. We really can't control how many emotional experiences we will have. We can control how we will deal with them. Do we hold things in? Do we go over them in our mind over and over again? Or, do we accept situations and embrace them with all our being. That is what Susan David calls "showing up." The book "Gregory Deals with a Case of Grief" explains grief. It is one of the many Emotatude books that help us deal with our feelings. Other Emotatude books are Cradle's Conniptions, The Secret of Warm Fuzzies, How to be Heebie Jeebie Free, and What to do When you Get the Bejeebers Scared Out of You.

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