



An increasing number of picturebooks explore emotions and teach children about positive and negative feelings.

This book goes one step further, providing a practical technique to help children deal with negative emotions in a healthy way. Irish sports star, musician and mental-health activist Niall Breslin teams up with Irish illustrator Sheena Dempsey to produce this picturebook about facing, and ultimately overcoming, your fears.

Freddie's trip to the swimming pool is scary and he leaves without getting into the pool. So his nana teaches him a special trick to help him overcome his feelings. Mindfulness is becoming popular in early childhood education and childcare settings. The Magic Moment Trick described in this book is a simple mindfulness technique to help children manage big feelings. The technique is clear and should be easy for young children to replicate.

Sheena Dempsey's beautiful illustrations do a wonderful job of portraying Freddie's feelings – both negative and positive – throughout the book. They are a delight to look at. Her use of changing colour schemes and little details is extremely effective at changing the mood from page to page.

It is a positive, practical and heartfelt book. The story itself has a lot of words, which makes it appropriate for older picturebook readers. It would make a very good classbased resource for an early primary-school setting, where feelings of fear could be discussed and explored.