



## **Interested in a “Meet the Author” Day for Students?**

### **An In-service Presentation for Teachers?**

### **Presentation at Counselor or Social Worker Meetings?**

Taking a proactive stance rather than a reactive stance helps guide children to emotional health. The subject matter of grief, loss and transition is one we would like to avoid. It’s one we would like to pretend does not “happen” to kids. But the truth is many, many children are faced with grief, loss and transition. Change and loss are a bigger part of this generation’s day to day life than any generation before. Today’s children deal with difficult emotional issues.

Early in life children learn to hide their feelings – to avoid ridicule from peers, to keep the family waters smooth, or because no one seems to genuinely care about how they feel. Helping children identify and understand their feelings can lessen their sense of isolation and improve their communication skills, especially during tough times.

Ben Keckler, author of the *Express Yourself* series, helps children to understand the importance of naming and claiming their feelings. He wants children to know that all feelings are valid, even the darker ones adults may want to ignore.

Mr. Keckler’s school presentations are not sad and dreary, but upbeat and fun. He makes a difficult topic one that is approachable and acceptable. Mr. Keckler loves interacting with children. He is passionate about helping children be aware of and comfortable with their feelings.

**Mr. Keckler is available for various types of school presentations.** His presentations can be for students, staff or parents. For students, the presentations are best suited for the upper elementary, grades 3-5, or for the middle school, grades 6-7. To learn more about his presentations, please contact Eagle Creek Publications. Contact information is below.



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