

Bella and Bird

• the EMOTION EXPLORERS •



Media Kit

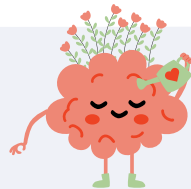


Meet Deana Plaskon

Author of *Bella and Bird the Emotion Explorers* books

Helping children and their adults manage big emotions

I'm Deana Plaskon, an equine psychotherapist and educator who helps children understand and manage their emotions through my book series, *Bella and Bird the Emotion Explorers*. Bella, a real-life therapy horse, and her cheeky barn swallow friend, Bird, guide children through big emotions and share easy-to-use tools to help them cope and communicate. Through fun, relatable stories, kids learn that it's okay to have big emotions – and that with practice, they can manage feelings in healthy ways. Each book supports the development of emotional literacy and emotional intelligence. My hope is that children will love my stories so much they'll return to them often, naturally adopting the tools along the way.



EDUCATION & MENTAL HEALTH EXPERT

- PhD in Education with a specialty in human behavior
- Master of Clinical Mental Health Counseling
- Master of Arts in Teaching and Learning with Technology



CERTIFICATIONS

- ARCH Certified
- Eagera Certified
- EMDR Certified
- Numerous Trainings and certifications

WELCOME TO THE WORLD OF **Bella and Bird** the Emotion Explorers



The Bella and Bird the Emotion Explorers series features emotional intelligence books for children ages 5–10. Written by Deana Plaskon, PhD, LMHC, and human behavior expert, each story focuses on a core emotion to help children feel seen and understood, while offering research-backed, practical strategies for emotional awareness, regulation, and resiliency.

Bella and Bird are based on a real-life therapy horse, Bella, and her buddy, Bird, the wisecracking barn swallow...

Learn More on the next page.

THE FIRST BOOK: *Bella and Bird Explore Anger*

Bella and Bird Explore Anger is the first book in the series.

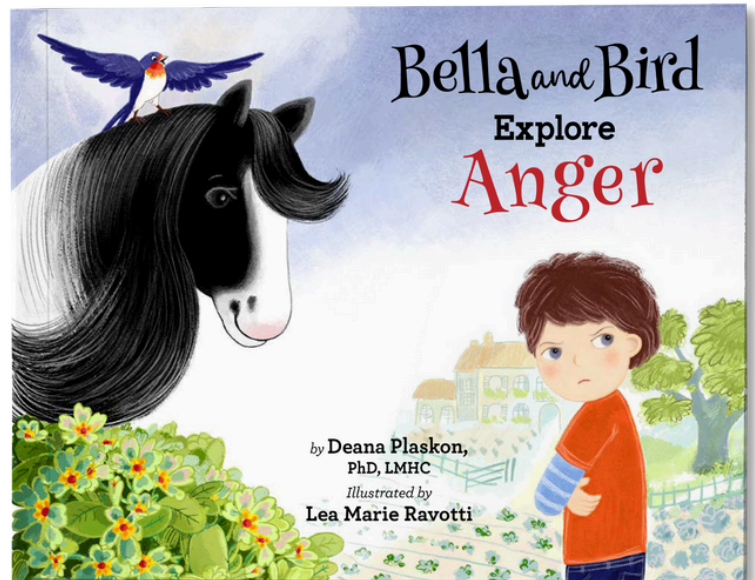
When Henry storms into the pasture, Bella, the wise horse, and her wisecracking sidekick, Bird, step in to help. Together, the friends set out to explore why Henry is angry and offer better ways to cope.

By the time Henry leaves the pasture, he's gained new insights, is in better control of his feelings, and has tools to take along with him.

Bella and Bird Explore Anger helps children understand and manage their anger, making it a valuable resource for open and honest conversations about this challenging emotion.

COMING NEXT IN THE SERIES:

Bella and Bird Explore Sadness
Bella and Bird Explore Happiness
Bella and Bird Explore Fear



**AVAILABLE SOON WHERE
BOOKS ARE SOLD!**

BUY DIRECT AT:
BellaBirdBooks.com

WALMART.COM

BOOKSHOP.ORG

TARGET.COM

AMAZON.COM



The Story Behind the Books

Bella is a real-life therapy horse who helps children and adults learn about emotions and feelings. Bird is her buddy who helps, too!



Bella with her mom, author Deana Plaskon



Bird, Bella's best bud.

Bella is a real-life therapy horse, and Deana is a licensed mental health professional, equine psychotherapist, and university instructor. Drawing from her experience providing equine psychotherapy (ground-based and non-riding), her teaching experience, and extensive research, Deana developed a deep understanding of how nature, presence, and connection can foster emotional literacy and emotional intelligence through storytelling.

A few years ago, Deana and Bella were living in Florida when Hurricane Ian devastated their community. In the aftermath, Deana found herself flooded with emotions. While she had tools to help her process and regulate, she couldn't stop thinking about Bella and the many children and adults who don't have those same tools.

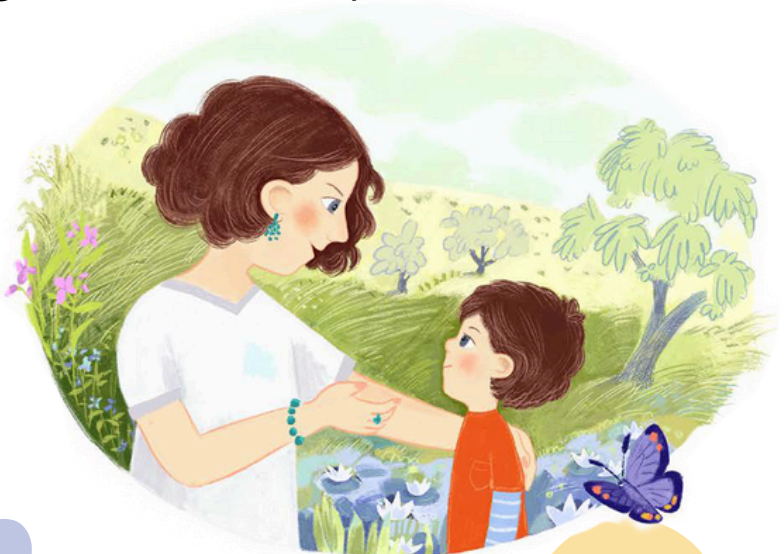
That planted a seed for a story: ***What if I wrote a children's book to help kids navigate big emotions and support emotional literacy and intelligence?***

Bella's wisecracking sidekick, Bird, is inspired by the barn swallows that nest in Bella's stall -often using her hair! Bella doesn't mind; Bird also eats the flies that bother her (horses can feel a single fly land on their back!). And that's how Bella and Bird the Emotion Explorers book series was born! Now children (and their adults) can enjoy stories with Bella and Bird as their kind guides through their emotions and feelings.

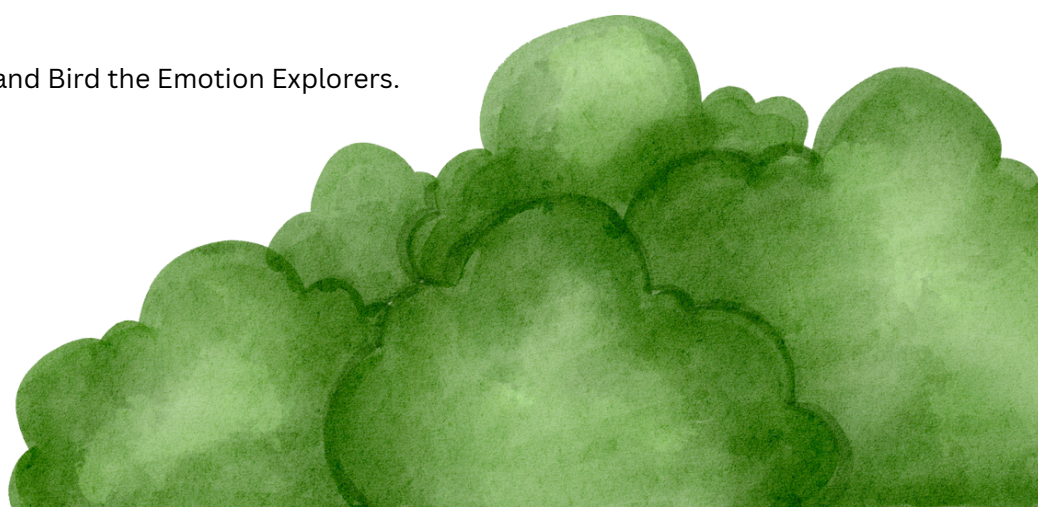
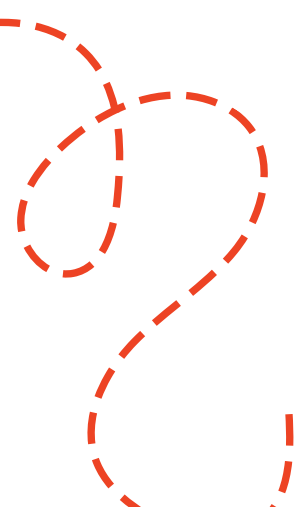


- How stories help children process emotions.
- How to help children strengthen emotional intelligence and build emotional literacy.
- Feelings vs Emotions: What's the difference?
- Imagine a world where children were empowered to own, process, and manage their emotions.
- What happens when children can't process emotions in healthy ways.
- How equine therapy can help children (and adults!).
- The importance of Emotional Intelligence (EI) and Social and Emotional learning (SEL) in children's books.
- How a story can help a child explore their emotions and navigate relationships better.

More on
the next page!



- Children need to see themselves in a story.
- The Mind of a Child: How stories unlock learning.
- What's an Emotion Wheel? And how to use it with your child.
- The special healing power of horses.
- Building resilience: Bella's back story and strategies to help children.
- Let's read it again! The psychology behind why your child likes to read the same books over and over.
- Good brain habits: How to make healthy habits for your emotions and communication.
- Quick ways to help children calm themselves in any situation.
- Identifying anxiety in children and how to help them cope.
- Recognizing and calming fear in school-age children.
- Bringing good mental health skills home.



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PHOTOS:

Downloadable high resolution author photos and book cover(s) images are available in [this Google Folder.](#)

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