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Criticism hurts:
**Monkey feels
ashamed**

Illustrations:
Jelena Brezovec



Complex emotions:

SHAME

+

Advice for parents
and teachers



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Shame

Many children are shy, or afraid of acting in front of others. However, the shame or embarrassment we are talking about in this picture book is a much more unpleasant feeling that makes a child (as well as adults) feel inadequate and wrong at the level of characteristics or identity.

Shame is one of the so-called complex emotions, and some also call it a social emotion because the function of shame is to make it easier for us to live together with others and integrate into society.

Like the feeling of guilt, children will most often feel shame when they receive criticism from parents and authorities, but they don't experience this criticism as a criticism of their behaviour, but of themselves as a person. A child who is embarrassed by adults will interpret this emotion as if something is wrong with them as a person, that they are wrong, bad, and that there is nothing they can do to change it, which leads to a feeling of helplessness.

Shame in childhood seriously undermines the sense of personal value, or self-esteem, and can have strong long-term consequences in adulthood. Criticism is a technique used to discourage a child from unwanted behaviour, and it's necessary, but it is extremely important that parents know the clear difference between criticizing the child's behaviour and the child as a person - which is very harmful.

This picture book tells a therapeutic story about a monkey who didn't listen to her mother's pleas and instructions about appropriate behaviour, was exposed to her mother's criticism and felt shame as a result.

The story will help children recognize their own emotion and name it and then help them regulate it.

At the end of the picture book, there are tips for parents and adults on how to better manage their child's behaviour and how to help them deal with the emotion of shame.

Reading to your child, your soothing voice, attention and the closeness you establish with the child you are reading to, is a big step on the path to the healthy development of your little one.

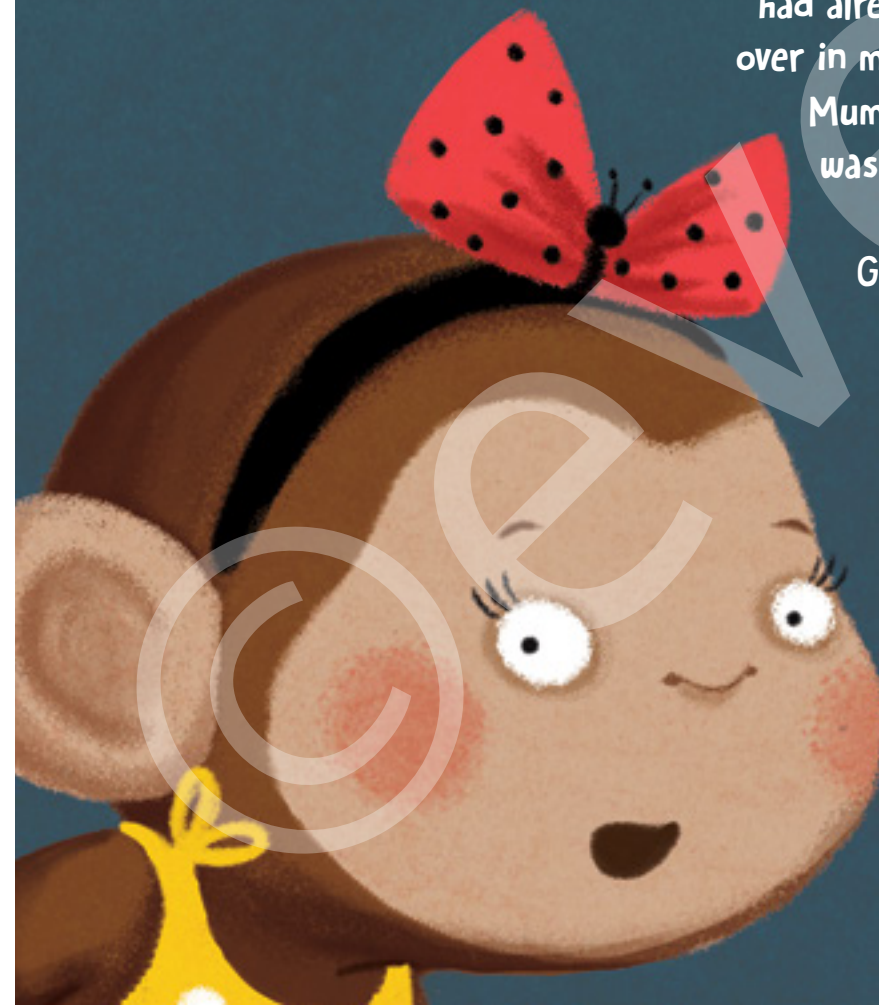
Enjoy these moments together. ♥

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Hi! I'm a little monkey and I love cartoons! Do you like watching cartoons too?

Once my mom took me to the cinema to watch a cartoon about my favourite character – Super Banana. I was so excited, I couldn't wait for the cartoon to start, I was restless and impatient, I had already eaten all the popcorn, I was rolling over in my chair and... And I made my mum angry. Mum told me in front of everyone that I wasn't behaving well. I was so ashamed.

Get comfy and listen to my story...





– My love, get ready, we must go soon. A cartoon based on your favourite Super Banana story will start in the forest cinema! And your friends are waiting for us at the cinema – mum cheerfully said to her daughter.

– Oh yes, I had forgotten! – little monkey smiled, put on her favourite headband which she got as a gift from her grandma, jumped over to her mum and gave her a hand, and the two of them headed to the cinema.



– Heellooo! – little monkey cheerfully greeted her friends when they arrived in front of the cinema. – Look what I have! – she took out a picture of Monkey Princess in a beautiful, golden dress and showed it to her friends.

– She’s wonderful! I want that as well! – little tiger was amazed.

– Children, come! It’s time to take our seats – parents called for their children.

Little monkey happily ran over to her mum and held her hand. Mum noticed how excited her little monkey was, and when her body gets so excited, it takes her a long time to calm down. Still, she was glad to see her so happy.



Little monkey was looking forward to this cartoon because her mother often read to her stories about Super Banana, and she already knew it by heart. She was very excited about where she would be seated, so she kept asking her mum where their seats are, what were the numbers of their seats and whether they'll be sitting in the first row. Then she remembered she would really like to sit next to her friend the peacock. Then she also remembered that she would love to eat popcorn covered in banana sauce before they sat down.

– There is no banana-sauced popcorn. Now, please, calm down because the movie will soon start – mum asked her when they finally sat in their seats.

But little monkey couldn't calm down and she continued to cheerfully look all over the cinema, mingle around, check who arrived, ask the little peacock for her seat number... Then she asked her mother for some water, then crisps, then chocolate...

During that time, little peacock, elephant and tiger sat calmly and waited for the movie to start.