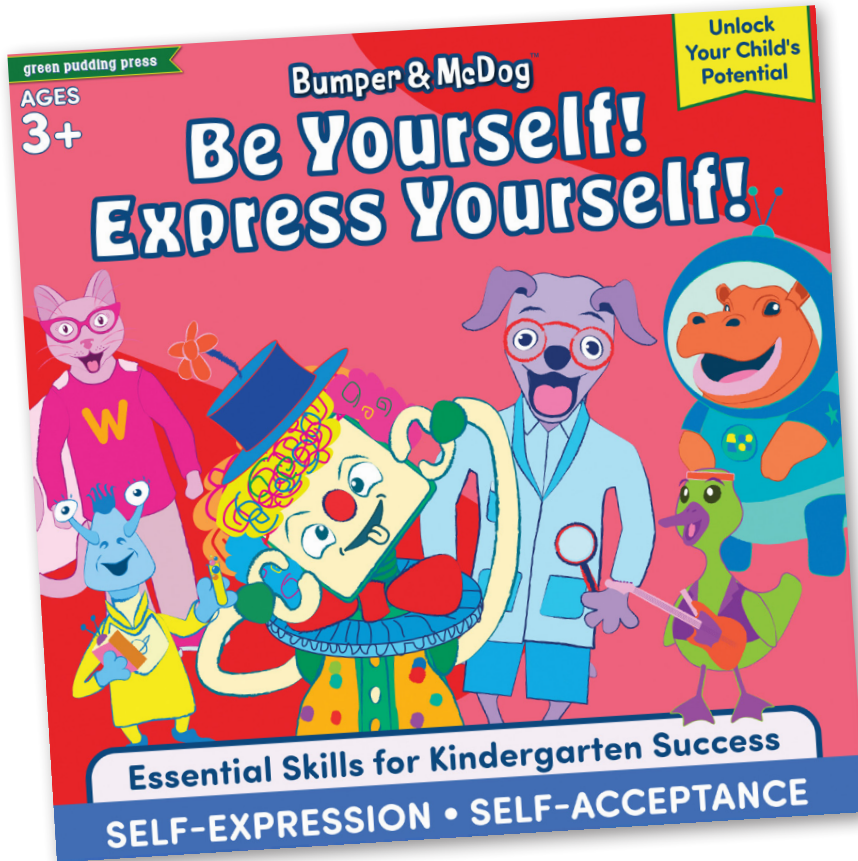


# Bumper & McDog™ Be Yourself! Express Yourself!



## Overview

Sharing thoughts and feelings can feel hard. Be Yourself! Express Yourself! helps children understand that expressing themselves builds confidence and connection.

## How the Story Supports Social-Emotional Learning

By focusing on effort rather than outcomes, the story reinforces a growth mindset and helps children see bravery as something that develops over time.

## Key Skills & Themes

- Perseverance
- Working memory
- Flexible thinking
- Emotional regulation

## All Four Bumper & McDog Books Now Available At:

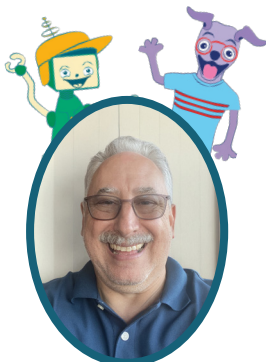
Amazon, Walmart.com, Barnes & Noble, and some local libraries.



## Details

- Age range: 3–5
- Hardcover, Paperback, Ebook
- Made for executive function development, classroom discussions, and home use

**Ideal for children learning to share thoughts and feelings.**



## About The Author

Richard Mueller is a Sonoma County-based children's book author and illustrator. He creates picture books that support social-emotional learning and kindergarten readiness through storytelling, conversation, and play.

## Contact

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