

## Starving The Anger Gremlin For Children Aged 5 9 (Gremlin And Thief CBT Workbooks)

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviour, and make him disappear. This imaginative workbook shows young people how to starve their anger and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+. Starving the Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

Binnie is a creative and energetic baboon, who bounces around the lush green mountains of East Africa. But like many of us, Binnie often feels worried and stressed, and these worries can get in her way! What if she gets lost in the jungle, or her family gets sick? What if no one likes her? Binnie even worries about the fact she's worried; and if she isn't worried, well why not?! This workbook has been developed by expert child psychologist Dr Karen Treisman. The first part of the book is a colourful illustrated therapeutic story about Binnie the Baboon, with a focus on worry and anxiety. This is followed by a wealth of creative activities and photocopyable worksheets for children to explore their feelings relating to anxiety, worry, fears, and stress, and how to find ways to understand and overcome them. The final section of the book is full of advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to understand why they experience anxiety, and what they can do to help reduce and navigate it.

In *Independent Thinking on Restorative Practice: Building relationships, improving behaviour and creating stronger communities*, Mark Finnis shares a practical and inspiring introduction to the restorative practice in educational settings. For those educators who are uncomfortable with the punitive world of zero tolerance, isolation booths and school exclusions, Mark Finnis - one of the leading restorative practice experts - is here to show you that there is another way. Drawing on many years' experience working with schools, social services and local governments across the world, Mark shares all you need to know about what restorative practice is, how it works, where to find it, and the many benefits of embedding a relational approach into any educational organisation that has people at its heart. Covering coaching circles and the power of doing things with (and not for) children and young people, to moving your values off lanyards and posters and into the lived experience of every member of the school community, this book sets out how restorative practice - when done well - can transform every aspect of school life. The book shares advice on how to put behaviour right when it goes wrong in a more positive, less punitive way, and, more importantly, on how to get it right in the first place. Furthermore, it advocates an approach that is collaborative, empowering and positive - and ultimately geared to improve motivation, engagement and independent learning for the hardest-to-reach young people. Suitable for school leaders, educators and anyone working with young people.

Tom notices that his body is changing. Tom's voice is different and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man. Following Tom's lead, he begins to notice changes to his body, this simple resource helps parents and carers teach children with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with boys and young people with autism or special needs.

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Starving the Anxiety Gremlin

Stand Up to OCD!

A Story and Workbook with CBT Activities to Master Your Anger

Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses

Hot Stuff to Help Kids Chill Out

Helping Children to Handle Anger

Cool Down and Work Through Anger

***Starving the Anger Gremlin A Cognitive Behavioural Therapy Workbook on Anger Management for Young People Jessica Kingsley Publishers***

***Uses a simple story about a young boy at school to present information about diabetes. A young boy describes what it is like to have diabetes, how it makes hiim feel, and how it can be treated and controlled.***

***Presents techniques and strategies that young children who suffer from Asperger's syndrome can use when they find themselves becoming angry.***

***From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of The Anxiety Workbook for Teens has the tools you need to put anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you're also dealing with academic stress, social and societal pressures, and massive changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your feelings of anxiety and keep them from taking over your life. Now fully revised and updated, this second edition of The Anxiety Workbook for Teens provides the most up-to-date strategies for managing fear, anxiety, and worry, so you can reach your goals and be your best. You'll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious thoughts, and stay calm in times of extreme uncertainty. The workbook also includes resources for seeking additional help and support if you need it. While working through the activities in this book, you'll find tons of ways to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you're ready to change your life for the better and get your anxiety under control, this workbook can help you start today. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens are easy to use, proven-effective, and recommended by therapists.***

***Take Charge of Anger***

***Cognitive Behaviour Therapy to Manage Anger***

***Building relationships, improving behaviour and creating stronger communities***

***50 Fun Activities to Help Children Stay Calm and Make Better Choices When They Feel Mad***

*I'm Furious*

*Self-esteem, Teamwork, Communication, Anger Management, Self-discovery, and Coping Skills*

*Independent Thinking on Restorative Practice*

**Children's Choice Winner at the School Library Association's Information Book Awards 2014** *The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers. When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, *The Cognitive Behavioral Workbook for Anxiety, Second Edition* can help you to recognize your anxiety triggers, develop skills to stop anxious thoughts before they take over, and keep needless fears from coming back. In the second edition of this best-selling workbook, William J. Knaus offers a step-by-step program to help you overcome anxiety and get back to living a rich and productive life. With this book, you will develop a personal wellness plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective than anxiety medication. This edition includes new evidence-based techniques such as behavioral activation and values-based action, addresses perfectionism and anxiety, and features updated, cutting-edge research. Anxiety and panic are intense emotions, and in the moments that you experience them it may seem like you are powerless, but nothing could be further from the truth. This workbook offers a practical program that you can use on your own, or with a therapist, to take back that power and end anxiety once and for all.*

**The ultimate biography charting the evolution of Beyonce, once a rising talent from Texas who dominated the world of R&B/Pop music and become one of the most successful and indomitable solo artists in the world"**

**How do our patients come to be the way they are? What forces shape their conscious and unconscious thoughts and feelings? How can we use this information to best help them? Constructing psychodynamic formulations is one of the best ways for mental health professionals to answer questions like these. It can help clinicians in all mental health settings understand their patients, set treatment goals, choose therapeutic strategies, construct meaningful interventions and conduct treatment. Despite the centrality of psychodynamic formulation to our work with patients, few students are taught how to construct them in a clear systematic way. This book offers students and practitioners from**

***all fields of mental health a clear, practical, operationalized method for constructing psychodynamic formulations, with an emphasis on the following steps: DESCRIBING problems and patterns REVIEWING the developmental history LINKING problems and patterns to history using organizing ideas about development. The unique, up-to-date perspective of this book integrates psychodynamic theories with ideas about the role of genetics, trauma, and early cognitive and emotional difficulties on development to help clinicians develop effective formulations. Psychodynamic Formulation is written in the same clear, concise style of Psychodynamic Psychotherapy: A Clinical Manual (Wiley 2011). It is reader friendly, full of useful examples, eminently practical, suitable for either classroom or individual use, and applicable for all mental health professionals. It can stand alone or be used as a companion volume to the Clinical Manual.***

***My Best Friend Is Me***

***A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People***

***A book about puberty for boys and young men with autism and related conditions Crazy in Love***

***The Anger Workbook for Teens***

***Anger Management Workbook for Kids***

***The Incredible 5-point Scale***

***This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. Suitable to work through alone or with a parent or practitioner.***

***Workbook to help students cope with and develop ways to prevent stress and anxiety. Topics include relaxation, flexible thinking, problem solving, getting organized, being healthy, getting along with other kids and using strengths and talents.***

***This book presents a new way of looking at autism by considering the impact of the context in which the person lives and where interventions are delivered.--Publisher.***

***Shows how to recognize feelings of anger, discusses how angry feelings are created, and suggests ways to calm down and deal with the emotion.***

***Autism as Context Blindness***

***Starving the Anxiety Gremlin for Children Aged 5-9***

***A Child's Book about Anger***

***A Volcano in My Tummy***

***A Cognitive Behavioural Therapy Workbook on Anxiety Management***

***A Step-By-Step Program***

***Mad Isn't Bad***

***The Anger Management Workbook for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and***

*triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the Anger Management Workbook for Kids equips kids to take control of anger, with: A close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids to the power to say STOP to anger with the Anger Management Workbook for Kids.*

*This book is packed with advice and strategies for understanding and managing anger in children under five, with guidance on how to help a parent or caregiver to cope with their angry feelings too. The authors outline the different reasons children may feel, and offer strategies to combat negative feelings and minimize outbursts.*

*Meant for children aged 7-13, this book shows how to work at problem behaviour such as obsessions or yelling, and move on to alternative positive behaviours.*

*Chad explains what cerebral palsy is, how it affects him, how he treats it, and how he wants others to treat him.*

*Taking Visual Impairment to School*

*A CBT Self-Help Guide and Workbook for Teens*

*A Therapeutic Story with Creative and CBT Activities To Help Children Aged 5-10 Who Worry*

*The Beyonc Knowles Biography*

*Binnie the Baboon Anxiety and Stress Activity Book*

*Activities to Help You Deal with Anger and Frustration*

*Taking Cerebral Palsy to School*

Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources when they need more support.

Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management. Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond. Helpful topics include: Overview of the Exploring Feelings Program Introduction to Cognitive Behaviour Therapy Modifications to Conventional Cognitive Behaviour Therapy Affective Education Cognitive Restructuring Comic

Strip Conversations The Emotional Toolbox Additional Tools for the Toolbox Social Stories Research Evidence on the Effectiveness of Exploring Feelings Help children to understand and manage their anger with this fun and imaginative workbook. The Anger Gremlin is a naughty creature and his favourite food is your anger! The more anger you feed him, the bigger and bigger he gets and the angrier and angrier you feel! How can you stop this? Starve the Anger Gremlin of angry thoughts, feelings and behaviours, and watch him disappear! Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act - getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and colouring, drawing and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.

Iggy finds out that his snoring and sore throats are caused by his marshmallow-like tonsils. Surgery is unavoidable. His journey through the surgical process is full of inquiry & fear. His fears are alleviated by learning about the realities of having surgery. His experience, literally, becomes an eye-opening adventure! "An accurate portrayal of surgery framed in a way children can understand. A great book for parents to read to their children in preparation for surgery." -Ira Buchwald MD, Pediatric Anesthesiologist "Dr. Bhatia's book takes a potentially scary experience and turns it into a fun adventure. The story, complete with great illustrations, is a wonderful way to introduce surgery to children. A must read for any young child who needs an operation." -Julie R. Glasson MD, Pediatric Surgeon "What a great book! I like the style and simple language. It addresses the questions and fears that we see daily in the surgical environment, keeping the text positive and upbeat. The explanations are simple and comprehensible for young children." -Verlia Gower MD, Pediatric ENT Surgeon

Controlling Anger in Children with Asperger's Syndrome  
Activities to Help You Deal with Anxiety and Worry  
For Kids

The Anxiety Workbook for Teens  
Talkabout

Starving the Anger Gremlin  
Exploring Feelings

Lisa and Pete, despite having visual impairment, enjoy school with the help of visual aids, sensitive teachers and environmental adaptation.

This highly practical book presents an evidence-based individual therapy approach for children and adolescents experiencing anger problems. Comprising 10 child sessions and three parent sessions, the treatment addresses anger management, problem solving, and social skills. Sessions are described in step-by-step detail, complete with helpful case examples and therapist scripts. The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity. Reproducibles include 38 worksheets and handouts, plus therapist checklists and parent forms, all in a convenient large-size format for easy photocopying.

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Help children to understand and manage their anxiety with this engaging and imaginative workbook. The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink! Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act – getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years.

Anger is a strong emotion, which can feel overwhelming. Anger the Ancient Warrior shows children how to master their anger and stop it causing unnecessary pain. This story and workbook with CBT activities helps children aged 8-12 to understand their anger and teaches them how to live comfortably with it.

How to Take the Grrrr Out of Anger

Psychodynamic Formulation

The Anger Management Book

A Social Communication Skills Package (US edition)

Don't Feed the WorryBug

Starving the Anger Gremlin for Children Aged 5-9

In this exciting book you'll find 104 games and activities for therapists, counsellors, teachers, and group leaders that teach Anger Management, Coping Skills, Self-Discovery, Teamwork, Self-Esteem, and Communication Skills! Every game works as a unique tool to modify behaviour, build relationships, start discussions and address issues. Each activity is simple to follow, requires minimal resources, includes helpful discussion questions and of course is interactive and fun.

Tells the delightful story of a Hippo who learns to depend on himself to face a variety of life's challenges.

You can be angry—and still be good. That's normal. Through understanding what anger feels like and what triggers it, we can learn and teach healthy ways to handle it. Mad Isn't Bad offers kids a positive and honest view of anger—and what to do with it.

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.

Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, A Volcano in My Tummy gives us the tools we need to put aside our problems with this all-too-often destructive

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emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

Totally Chill, My Complete Guide to Staying Cool

A Cognitive Behavioural Therapy Workbook on Anger Management

104 Activities that Build

The Red Beast

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

Helping Young Children and Their Parents to Deal with Anger

Anger the Ancient Warrior

Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words. They discover concrete skills for working through anger: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary-age children see that when they cool down and work through anger, they can feel peaceful again. Filled with proven activities based on cognitive behavioral therapy principles, this imaginative and entertaining workbook teaches young people how to control and work through their anger by helping them to understand why they get angry and how their anger affects themselves and others. Original.

Alex Kelly's internationally renowned Talkabout books are a series of practical workbooks designed to develop the self-awareness, self-esteem and social skills of people with special needs. This core manual in the Talkabout series provides fully adaptable session plans, activities and games to focus on four key areas of social skills: Body Language, The Way We Talk, Conversations and Assertiveness. Now in its second edition, this revised version of the Talkabout manual has been edited for US professionals, with a foreword by Nancy Tarshis and Debbie Meringolo (Altogether Social LLC, New York). Contents includes: A social skills assessment and intervention planning tool to help identify the individual needs of each client or group Over 60 structured activities, with a focus on body language, paralinguistic features, conversation and assertiveness 25 group cohesion activities

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to help facilitate productive group sessions Suitable for Speech and Language Pathologists, Teachers, Social Workers, Child Psychologists and School Counsellors, the photocopiable resources within this volume are suitable for use with children, adolescents and adults in small groups or individually.

Revised full-color edition of a popular how-to guide offers practical, humorous help for kids who want to manage their tasks, time, and stuff. In the quest for school success—not to mention a happy home life—kids have a lot to juggle: schoolwork, friends, activities, chores, bedrooms, electronics, lockers, and desks. *Get Organized Without Losing It* provides friendly, entertaining help for kids who want to manage their tasks, time, and stuff—without going overboard or being totally obsessed. Empower kids to: conquer clutter prioritize tasks master their devices (not the other way around) supercharge study skills, handle homework, and prepare for tests stop procrastinating and start enjoying less stress and more success Tips, examples, lists, and steps make it doable; jokes and cartoons make it enjoyable.

*Get Organized Without Losing It*

*What's Happening to Tom?*

*Taking Diabetes to School*

*The Cognitive Behavioral Workbook for Anxiety*

*Little Volcanoes*

*Cognitive-Behavioral Therapy for Anger and Aggression in Children*

*The Surgery Book*

**Stand up to OCD!** Imagine each person's brain has a captain and crew. For a person struggling with OCD, it's as if OCD has kidnapped the captain and changed the settings in the brain. Luckily there are plenty of tips and skills you can learn to disobey OCD and not do what he tells you. Join David, Riya and Sarah as they find out about how OCD sneaks into their lives and all the tricks you can use to stand up to OCD! This illustrated CBT self-help guide and workbook is ideal for young people with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book.

Fully revised and updated based on reader feedback! This second edition of *The Anger Workbook for Teens* includes brand-new activities to help you understand and interact with your anger, and tips for managing it in constructive ways. Does your anger often get you into trouble? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? If so, you aren't alone. Between family life, friends, social media, and the pressures of school, there's

no doubt that it's stressful being a teenager. And while anger is a natural human emotion, different people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, and some resort to fighting. If you've noticed yourself beginning to take out your frustrations on the people you love most—your parents, brothers or sisters, and friends—it's time to make a change. This second edition of *The Anger Workbook for Teens* includes brand-new skills and activities based in clinically proven treatments such as acceptance and commitment therapy (ACT) to help you deal with negative thoughts without losing control. You'll find out what's triggering your anger, look at the ways you react, be more aware of your thoughts and how you interact with them, and learn skills and techniques for managing anger without losing your cool. You'll develop a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others. Once you fully understand your anger, you'll be better prepared to deal with your feelings in the moment. As you begin the activities in this workbook, it's perfectly normal to feel angrier at first. That's because you are being asked to really notice and examine the things that make you angry. But with practice, you'll learn to handle frustrating situations in real life and more effectively communicate your feelings. Most importantly, you'll learn the difference between healthy anger—the kind that can motivate you to make positive changes—and problematic anger that leads to negative consequences. Change isn't easy, but with the right frame of mind and set of skills, you can do it. This book is designed to help you understand how both your mind and body respond to anger, and how you can handle this anger in more constructive ways.

When things don't go right. When it's not fair. When someone doesn't do what they promised they would. Losing or breaking something, being scared or hurt. Not understanding or being able to make something work. Any of these things can trigger anger in children. In response, they may scream, shout, or lash out. This book helps children learn how to deal with their anger. It explains how and why we get angry, and why we think, feel and do the things we do when we're angry. It explains how children can use up their angry energy safely, in ways that don't hurt anyone or make things worse. *Take Charge of Anger* understands what's going on for an angry child. It suggests ways in which a child can learn to manage their anger and get help if they need it. With this book, children can learn solutions that really work so that they feel less overwhelmed and upset and more in control.

A young boy discusses his feelings with his mother when his little brother ruins his possessions, and she suggests ways he can control his anger

A Stress Management Workbook for Kids with Social, Emotional, Or Sensory Sensitivities