

Learning to Feel Good and Stay Cool

By Judith M. Glasser, PhD and Kathleen Nadeau, PhD
Illustrated by Charles Bayl

Emotional
Regulation
Tools for Kids
With AD/HD



Judith M. Glasser PhD and

Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids With AD/HD



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Honors, 2014 NAPPA Awards Did you know that there are actions you can take every day to assist you feel better more regularly? Illustrated with cartoons which will hold children's to go how you wish them to. Also includes a note and resources for parents. Prepare yourself to consider change of your emotions and start feeling better! Everybody likes to feel good but it's normal to be sad, angry, or frustrated when factors don't true! Many kids with Attention/HD have really solid feelings that make it hard for them to control their behavior. children with AD/HD are often less self-observant and more reactive, meaning it really is harder to allow them to understand and control their emotions. over-reacting," While some may think they are "Understanding how to FEEL GREAT and Stay Cool presents practical tools to greatly help kids with AD/HD manage and reduce unwanted feelings and to develop daily practices which will help them feel great and function well. It's interest, the book is divided into sections that can be browse in smaller portions. Packed with practical advice and fun activities, this book will show you how exactly to: Understand your emotions Practice healthy habits in which to stay your FEEL GREAT Zone Know the indicators that you are heading in to your Upset Zone Feel better when you obtain upset Problem-solve so upsets arrive less often And much more!



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Five Stars another great book in the series, ideal for the whole family Very helpful I actually passed this one on to my kids school. While it is particularly written for children with ADHD, it can help all children determine and understand their emotions and learn effective measures to help themselves feel better. Five Stars I like it. It is whay I needed." It had been approachable and fun, written by authors who have specialized for many years in diagnosing and counseling children with ADHD (and adults, too).. But it is not okay to lash out at others if you have these feelings. It is a very good book for children and parents to read together, providing a format for talking about characteristics and difficulties of ADHD and for operating collectively to ameliorate them. Four Stars good stuff Five Stars My boys are enjoying reading this book. This is an excellent book not merely for children with AD/HD but also for all children It helps them recognize their emotions also to do constructive stuff to deal with negative feelings. As a psychologist and mother or father, I believe this is an excellent primer on understanding emotions and positive coping.. It helps children recognize the warning signs and enables them to do something before they work on the feelings in a harmful way. There are plenty of useful tools for children to use if they feel upset. My grandchildren cherished the interactive facet of the book and enjoyed playing the term games and drawing pictures of their feelings. I also recommend that parents read the book so they can help their children learn to recognize their triggers, plan them and understand how to manage them better. An excellent, approachable book You understand you have successful if your ADHD teenager describes a book this way: "It's very helpful in figuring out how to have a great time and be happy. It really is a wonderful opportunity for parents (or grandparents) to spend quality and memorable period with their kids. If you've ever found yourself spiraling downwards emotionally with your ADHD kid, these practical approaches can help you turn those moments around. I read it and thought it had been ok, but . This assortment of tips, tools, and yes, even a few tricks have helped kids in their procedures. By targeting young readers straight Dr. Glasser and Dr. Nadeau "trim out the center man" and speak directly to them. The books also opens and closes with some phrases of advice for parents. It's an incredible book. This engaging book provides practical and proactive steps and encouragment to children struggling with emotional regulation. It is okay to feel scared, angry or lonely. The teachers love it too. The lively text, pictures and exercises lead to pleasurable and fast reading. I read it and thought it was okay, but my ADHD grandson idea it was childish, but he doesn't want to recognize he has ADHD. Parents will find the "Be aware to Parents" and reference list by the end very helpful.



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