

An Instant Help Book for Parents & Kids

The Anxiety Workbook for Kids

Take Charge of Fears & Worries
Using the Gift of Imagination



55

simple, fun
activities to help kids:

- Discover their strengths
- Tame scary thoughts
- Find calm in the moment

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Anxiety in kids is on the rise, and recent research offers uncovered a connection between highly imaginative kids and stress. Using engaging illustrations and fun actions based in cognitive behavioral therapy (CBT), probably the most proven-effective and trusted forms of therapy today, this Quick Help workbook presents a unique approach to help kids harness the energy of their imaginations to lessen stress and build self-esteem. With this workbook, children will learn that, simply as they are capable of envisioning vivid scenarios that gas their anxiety, they are capable of using their imagination to move away from anxious thoughts and be the boss of their very own concerns. and with a focus on imagination training and developing skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness—normal.” Focusing on the issue of anxiety can stress kids out and make sure they are feel ashamed. However when the focus is certainly on their strengths and their vivid imaginations, kids are empowered to face their panic head-on. this book will help kids stand up to worry and harness the energy of their imagination for good. a perspective that may allow kids to see themselves as the highly imaginative people they are, and also appreciate the role creativity plays within their anxiety. Millions of children suffer from anxiety, which can be extremely limiting, leading to kids to miss school, opt out of activities with friends, and won't speak or take part in a variety of situations. With engaging CBT-based activities, games, and illustrations— Furthermore, children who are diagnosed with nervousness or brought into therapy often feel embarrassed about not being “The Anxiety Workbook for Children is a great and unique workbook grounded in evidence-based CBT and made to help children understand their anxious thoughts within a confident framework—



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like 7 and up Works effectively for my anxious little ones, like 7 or more. It is sometimes hard for me to translate concepts in to kid-friendly terms which gives me ways to express and clarify things on the level. Spot on with the CBT methods! Good book Great products for dealing with kids.. I've an anxious 9yr old and we enjoy reading the reserve together before bedtime and completing the activities. I have an anxious 9yr old and we enjoy reading the book collectively before bedtime and completing the . My child has learned coping abilities to help manage her anxious thoughts. This workbook has the right tools to use while working with kids... Five Stars Love this for children - even while they start to turn into teens.. Could make use of a little bit more kid-friendly verbage, but all in all a great book.. Definitely recommend this reserve! It has given me more insight on what might be heading on with a child who loses control Five Stars Good practical stuff Perfect for my office works great! I utilized it and found that not all the actions very helpful. Great book This is definitely a fresh way to cope with difficult behavior. Three Stars It's ok. Easy to understand Helps my males and myself Allows 9 year old to work through anxiety Our school guidance counselor dislikes self help workbooks, but approves if this one! There's the right content in this reserve but I am not really a .. Good information. There's some good content in this publication but I am not really a fan of workbooks because children don't engage. If you're searching for child-friendly ways to help anxious children then check out the best books below: Creative CBT Interventions for Kids with Anxiousness by Liana Lowenstein (ALL of Liana Lowenstein's books are excellent!) Don't Feed the Get worried Bug (Book and stuffy) by Green Sitting Like a Frog by Snel



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