

*An Instant Help Book for Parents & Kids*

# Don't Let Your Emotions Run Your Life for Kids

A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others



**37** simple, fun activities to teach kids to:

- Manage tough emotions
- Express their feelings effectively
- Feel focused and calm

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If you are frustrated or worried about your emotional kid, the hands-on actions in this publication— Using the skills outlined in this book, kids can manage their emotions, get along with others, and perform better in school.s emotions interfere with school, homework, or lab tests; But if your kid'Childhood can often be a period of intense emotions.it all' make it tough to forge long lasting friendships; or cause constant conflicts at house— alienate them from their peers;s time to make a change. for coping with intense emotions as they arise, no matter where or when.Building on the achievement of Don't Let Your Emotions Run Your Life and Don't Permit Your Emotions Run YOUR DAILY LIFE for Teens, this is the 1st dialectical behavior therapy (DBT) activity abilities workbook designed especially for kids. Designed for children ages 7 to 12, this essential guide will help kids manage challenging emotions and get along better with others.In this much-needed help, two dialectical behavior therapists offer an activity-based workbook for kids who struggle with anger, mood-swings, and emotional and behavioral dysregulation.might help.including child-friendly mindfulness practices— By reading this book, kids will develop their very own “skills device box” You need help calm the chaos right now, rather than later.



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Good ideas for a long time 5-8. I think it would also work well for adults a with moderate IDD.. Not teens. This book is for younger kids. not really for teens. They have another publication of the same kind but for teens. Useful tool for children who have a problem with emotional regulation I bought this book for one of my pre-teen clients who was fighting emotional regulation. It's ojay but my 11 year previous said the lessons are as well easy and it's like "for babies". The actions are age-appropriate and clear to see, and they provide a great starting point for discussing CBT tools to help manage uncomfortable emotions. Good pick Great layout for kids and possible for them to understand Great resources This book had been a life saver! Will need to have for youth who are struggling with coping skills! Would recommend Actually practical and well received with a lot of my adolescent clients Love the series This is really ideal for counseling. Does a great work of presenting dbt principles in a child friendly format.. Great book Bought for a friends grandson he appreciates having this book Good resource Use frequently Great dbt workbook for children and parents I really do dbt informed therapy and bought this for a young family member.



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