



COPING SKILLS - FOR KIDS - WORKBOOK

*Over 75 Coping Strategies to Help Kids
Deal with Stress, Anxiety and Anger*

By Janine Halloran, MA, LMHC

Janine Halloran

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger



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Author Janine Halloran, LMHC, share over 75 innovative, fun and engaging actions developed from her knowledge in universities, outpatient mental health treatment centers and as a mother. !Coping with stress, nervousness and anger are important skills to learn, but not all children learn those strategies naturally. Loved by counselors, educators and parents as well! The Coping Skills for Kids Workbook might help teach kids to calm down, stability their energy and emotions, and process challenging feelings.



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Five Stars Glad to have this in my own library Wonderful resource. Excellent actions across a range of concepts and strategies. Any therapist would reap the benefits of having a duplicate of this. The bulk of it is lists of actions that could help kids calm down and less full page activities. This one is really quite outstanding. Great techniques for anxious kiddos This is one of my most used tools with anxious kiddos in my own therapy practice. This book is effective with kiddos 8-12ish but I've used different web pages and techniques for older and young people. As a elementary school counselor, I anticipate teaching some these ways of students who are easily overwhelmed by their emotions. Used in Play therapy I ordered this book to provide me some new concepts when working with Kids. I am a counselor and work with all ages, including children for Play Therapy. That is an excellent book, very comprehensive and useful! felt it was over priced, but good info. Five Stars excellent information for children to read and use by themselves. I would suggest it! Activities Galore My 6th graders love the activities! They chosen the book themselves. I take advantage of it in my own classroom for social skills work.! Good resource! Ideal for kids! Not in color. Wonderful resource! This book is a wealth of calm-down, cool-off, and mindfulness activities. I must say i love the flow and methods provided in this reserve. fundamental ideas in mostly list form I actually was disappointed with this reserve. As a professional treatment provider I'm incredibly choosy about the books I buy and use. Perfect! I take advantage of this everyday with the kiddos I actually work with. This is a good workbook that includes coping skill activities. A Therapist's Best Resource The best therapy book for kids AND adults I have bought in years! Great resource for sociable skills groupings! The breathing exercises by itself are worth the cost of this book! Best! Best coping skills publication yet!. This is a decent workbook that consists of coping skill .!. It provides great how tos that I send house to parents and the kids enjoy the exercises. I use mental health adult individuals and could alter some of the activities to suit them. Would and have recommend(ed) to others and I am very pleased with this purchase! Nice book however the pages unfortunately are not in color as shown.



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