

LAUREN BRUKNER illustrated by APOLLY

STAY COOL AND IN CONTROL WITH THE
**KEEP-CALM
GURU**



**Wise Ways for Children to Regulate
their Emotions and Senses**

Lauren Brukner

Stay Cool and In Control with the Keep-Calm Guru: Wise Ways for Children to Regulate their Emotions and Senses



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This illustrated book introduces wise ways for children to identify and deal with anxiety, anger, frustration, and other challenging emotions.s Choice Award-Gold Seal!Meet the Keep-Calm Guru, our expert lead to the art of staying cool, calm, and in control when confronted with overpowering feelings!Champion of the Mother'Suitable for children with sensory and psychological regulation difficulties aged approximately 7-14 years. Using everything from yoga exercises poses and pressure holds, to yoga breathing and relaxing coloring activities, the Keep-Calm Guru shows kids how to get back control and experience cool, calm, and just right.



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One Star Too boring for kids I was excited to receive my duplicate of Stay Great And In Control With The Keep-Calm Guru by Lauren ... We was excited to receive my duplicate of Stay Great And In Control With The Keep-Calm Guru by Lauren Brukner;) The assortment of body breaks and the checklist for the calming straight down process are excellent and very available. It really is filled with useful tips on ways to identify and deal with anxiousness, anger and other hard feelings. It is a great tool for dealing with the wide spectrum of students/kids we encounter. Illustrated by Apsley, a book dedicated to empowering children to regulate their feelings and senses. The appendices have become helpful, offering different checklists, work linens and visible sequences of the exercises in the publication.to name their feelings. I also actually appreciate how the book clearly defines the differences between physical, intellectual and psychological energies.Therefore important in the search for personal control.The last area of the book is dedicated to the adults in these children's lives and offers tips about how to support your child on the journey to self-discovery. I personally like the included adjective charts-they are simply great for empowering kids She presents an excellent variety of strategies simply and clearly so there is truly an choice for every type of kid!There are an easy task to follow symbols (I will make accompanying cards for easy reference. This reserve is geared for kids and has a "early reader" reserve feel with the large type face and engaging and very effective illustrations. It'll be very useful to help familiarize them with basic self-control techniques and to empower them with obvious, accessible communication skills.Disclaimer: The publisher sent me personally a copy of the book. This is an excellent resource for parents and teachers This is a fantastic resource for parents and teachers! An excellent tool for adults and kids This is a different one of Lauren Brukner's Masterpieces to help kids everywhere identify and gain control over their feelings.Lauren organizes her book very clearly so actually young readers can take advantage of the great strategies that she teaches.This book is a superb resource for kids to recognize their center or "just right feeling", realize if they are veering away from the just right & most importantly arms them with the tools that they need to return to their perfectly place independently. Lauren's usage of the guru Aurora to talk to youngsters provides her message a beautifully calming tone and targets helping kids be the best they can. Her use of graphics and meaningful illustrations assists youthful readers quickly identify an instrument that will help them in a particular situation.I highly recommend this reserve. All views are my very own. The publication is filled with creative strategies and useful ideas to help regulate a child and adolescent's emotions so they can thrive in sociable and academic settings. I highly recommend this book to everyone! Recommend! Recommend!



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