

LAUREN BRUKNER Illustrated by APSLEY

THE KIDS' GUIDE TO STAYING

AWESOME



AND

IN CONTROL

**Simple Stuff to Help Children Regulate
their Emotions and Senses**

Lauren Brukner

The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help
Children Regulate their Emotions and Senses



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Packed with simple suggestions to regulate the emotions and senses, this book will help children tackle challenging feelings head-in and feel awesome and in charge! The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful strategies for parents and teachers along with handy visual charts and checklists to monitor learning and progress. Suitable for children with psychological and sensory processing troubles aged approximately 7 to 14 years. From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing earphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and gathered. Armed with this book, children will be well on the way to managing difficult emotions and feeling perfectly in whatever situation existence throws at them! They will figure out how to label difficult emotions, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school.



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When I think of how much basic exercises such as for example "the finger-pull" or pressure keeps and breathing techniques have helped the children I work with, I am astonished. I would suggest it. The publication is organized in two parts, a kid section and mature section. The children' section is very readable, with drawings to go along with the explanations of the 'body breaks' (the physical methods suggested to bring the body back to feeling 'just correct'). The author explains how exactly to label feelings, and which techniques function best for each sense ('fast and wiggly', 'fast and psychological', and 'slow and tired'). The kids love the drawings and the explanations for every feeling. Terrific Resource for Parents and Teachers I'm a mother of a youngster with ADHD. OT love for this book! Others involve larger motions (crab walk, wall press), plus some are for kids who like tactile points, such as using cushions or manipulatives). There exists a nice mixture of options, which would work for different temperaments and needs. The language is apparent, but the concepts are profound. There are checklists and actions to use with children, either in a house or classroom setting (which is great for both homeschooling parents and teachers). I am purchasing another copy for her teacher to have so the school will have concepts about how to help her in the classroom. My younger kid gets easily frustrated sometimes, and this book has been helpful for him. We label how he's feeling, and without my prompting, he offers sat down with the reserve and looked over the pictures and determined which technique he wants to use. Occasionally they work, other occasions they don't, but overall this book has been helpful with regards to labeling feelings and giving options for calming oneself. I got heard good things concerning this book from friends, and I have been pleased up to now. I learned a lot and predicated on what my kid said, the exercises actually work! This helps me and moreover helps other people who are reading testimonials. I place a whole lot of worth on the reviews here on amazon when I'm looking to purchase something, and I understand lots of others do as well. I love the illustrations, kid-friendly language and analogies used to help make the concepts clear to see also to implement. Though chat therapy and cognitive behavioral treatment are effective some students want an immediate strategy they are able to easily learn and use in the moment. This book has resolved the gap between your behavior and the time it takes for the child to learn various other management abilities. I've used the book in my sessions to teach the strategies in 5 minutes. It really is satisfying to observe my learners using "finger pulls", "wall structure pushes" and additional strategies I've trained from the book as a way to self-regulate in as soon as. Perfect for ages 5- 13! The other half is normally directed to parents and teachers. Great for teaching kids self-regulation skills. Though talk therapy and cognitive behavioral treatment work some students need an immediate strategy they can easily le As a Social Worker who provides counseling to elementary school students I am always researching to help my learners who have a problem with self-regulation.. I recommend both books as "must haves" in the library of anyone dealing with kids with unique needs. Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 Speech-Language Pathologist Founder of OMazing Children, LLC - inclusive wellness & educational activities for children of most abilities Facebook: OMazingKidsYoga AN ABSOLUTE Need to FOR EACH PARENT AND TEACHER!. Teaches Great Abilities that work! This is an incredible work for educators, parents, and children! The adult section is fairly short and discusses strategies for parents and has a more scientific section explaining the major sensory systems of the body. As somebody who works with children with an array of disabilities, I cannot thank Lauren more than enough for publishing this instruction. Helpful for kids, parents and teachers I was searching for a book to help my kids find methods to have the ability to handle their emotions and calm themselves when needed. I only want this reserve was around twenty years ago when I was increasing my very own children!! Some activities are smaller and can be done anywhere (like giving yourself a hug, bubble breath, palm push, etc. What a terrific publication for helping our daughter have specific equipment

she may use when she feels psychological or hyper. Both my 5 year old and 9 year can know very well what to do and have enjoyed reading the book. I do not really buy into the methods to handle outburst that book suggests, unless you want to motivate weirdness. Amazing "Must Have" Reserve for Teaching Kids Self-Regulation Skills I completely LOVE both of the books by this author! It's a super resource and I would recommend it! I am a therapist who recently started working with kids who had sensory issues. When this reserve arrived, my 11 yr old noticed it and asked to read it. Not long ago i learned that she has actually been using some of the exercises she learned about in the publication. Yesterday, I commented that I observed she's been doing great recently behavior and attitude wise, and she pointed out the pretzel she learned in the reserve offers helped her at school when she feels anxious or angry. Which means this is definitely helpful and teaches kids some very nice skills.*Note: If you idea this review was helpful, please click yes below. I imagine it will be a useful tool during transition period and whenever students have to . The principles are therapeutically sound.." Mandatory for all parents of sensory challenged kids EXCELLENT primer to helping a child figure out how to regulate their emotions. The lessons are thoroughly explained and easy to implement. I simply ordered a couple even more for the social workers at my school. I imagine it'll be a good tool during transition time and whenever students need to discharge energy before settling to an academic task. So helpful! Recommend I have 3 males with Sensory Processing problems. A truly amazing tool, to visually train kids self-control! I love how it's written TO the kids with a lot of illustrations, which can help even a nonreader to be able to use it.I have benefitted from it myself...adults will be able to use these basic strategies as well. The physical exercises function! Five Stars My great granddaughter said, "I like it.! I wish I had this reserve when my older son, who also offers Asperger's, was younger. AMAZING! Kids can even use the tools to de-stress before the hundreds of checks they see in elementary schools nowadays. I recommend this reserve as a resource for anyone attempting to help a child understand how to manage intense emotions. Very helpful Great book! This has helped my eleven 12 months previous with her anger and frustration therefore much! Great therapy tool. This is an excellent tool. I work as a mobile therapist with kids in their home and college and I absolutely like using this book. That is a weird book. Very helpful.! I especially appreciate that fifty percent of the publication and illustrations were created to be read right to the child- what a fantastic idea.!. Anyone can grab this book and deliver an appropriate intervention for a one who is struggling to modify their emotions.). As an occupational therapist who functions daily with kiddos on self-regulation, this book has been very useful! My kids respond well to its simpleness and take advantage of the images and lists of strategies. It's a great way of bringing lots of self-regulation pieces collectively for kids and families to use conveniently and daily.



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