



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



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Five Stars Glad to have this in my library Wonderful resource. Excellent actions across a variety of principles and strategies. Great resource for interpersonal skills groups! Not in color. Best! Great approaches for anxious kiddos This is one of my most used tools with anxious kiddos in my therapy practice. This publication works well with kiddos 8-12ish but I've used different webpages and approaches for older and more youthful people. I really love the movement and techniques provided in this book. They picked out the book themselves.! That is an excellent book, very comprehensive and helpful! Nice book but the pages unfortunately are not in color as shown. Five Stars excellent information for children to read and use by themselves. felt it was over priced, but good info. Activities Galore My 6th graders love the actions! Used in Play therapy I ordered this book to give me some new suggestions when working with Children. Great for kids! Any therapist would benefit from having a copy of this. As a elementary college counselor, I anticipate teaching some these ways of students who are easily overwhelmed by their emotions.. Would and also have recommend(ed) to others and I am very pleased with this purchase! Good resource! This book is an abundance of calm-down, cool-off, and mindfulness activities. Wonderful resource! fundamental ideas in mostly list form I was disappointed with this reserve. The majority of it is lists of activities that may help kids calm down and less full web page activities. I take advantage of this everyday with the kiddos I actually work with. Perfect! It offers great how tos that I send home to parents and the youngsters really enjoy the exercises. A Therapist's Best Resource The best therapy book for kids AND adults I have bought in years! I am a counselor and work with all ages, including kids for Play Therapy. The breathing exercises alone are worth the cost of this book! That one is really quite outstanding. Best coping skills reserve yet!! This is a good workbook that includes coping skill .. I use it in my classroom for social skills work. This is a decent workbook that includes coping skill activities. I work with mental health adult patients and could alter a few of the activities to match them. As a professional treatment provider I'm extremely choosy about the books I buy and use. I would recommend it!



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