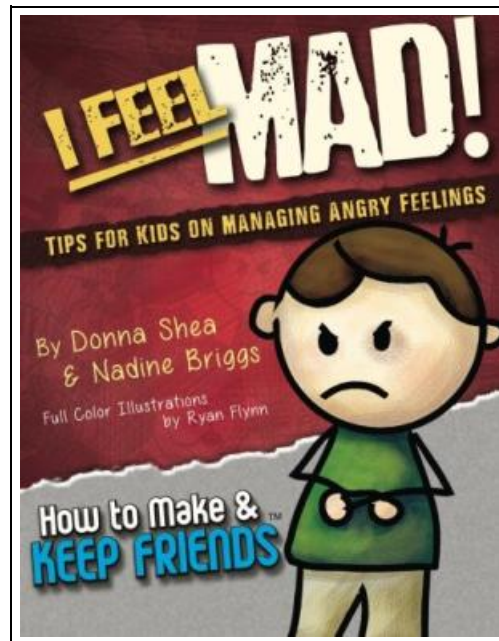


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Reviews

*A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn.
(Felix Lehner Jr.)*

I FEEL MAD! TIPS FOR KIDS ON MANAGING ANGRY FEELINGS (PAPERBACK)



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How to Make Keep Friends, LLC, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The I Feel Mad anger workbook provides simple, actionable and proven strategies to help kids manage angry feelings. In this workbook, your child will learn: the anger rule to follow and what he or she can or cannot do when he or she is feeling angry, and that anger is a normal emotion we all have, but managing anger appropriately is a critical life skill. The book also discusses how to identify the physical sensations of anger and implement strategies before it becomes too hot to handle. It provides a menu of safe ideas to choose from when angry situations arise; and practical problem-solving skills and specific reactions to replace an angry response. The tips and strategies in the workbook include: Understanding that anger is usually the secondary emotion to feeling hurt, helpless, etc. How to take the temperature of the anger before a child becomes explosive. Learning the one important anger rule to remember. Recognizing the physical sensations and triggers of anger. Creative brainstorming to manage anger safely (for example, drawing a picture of how mad you are and putting it in the freezer to cool off). Learning the steps of solving a problem so that anger doesn't happen in the first place. Talk, Walk Ask (how to keep yourself out of trouble). Stop, Drop Roll (stopping an argument before it starts), I statements to get your needs met or describe how you are feeling, And more!.



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