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## Chill Out: A Workbook to Help Kids Learn to Control Their Anger (Paperback)

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By Erainna Winnett

Counseling with Heart, United States, 2014. Paperback. Book Condition: New. 272 x 206 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chill Out is a tool that school counselors, teachers, and parents can use to help children deal with anger and the emotions they mask with anger. The intention is that it be used to help children deal with those underlying emotions, and recognize strategies they can use to calm themselves when placed in anger-inducing situations. Ages 7-12, Softcover, 40 pages Other titles available in the Helping Kids Heal Series Saying Goodbye: Memory Book Memories of You: Pet Memory Book Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied Outsmart Test Anxiety: A Workbook to Help Kids Conquer Test Anxiety Better Days: A Workbook to Help Kids Better Understand and Accept Retention A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events Mom or Dad s House?: A Workbook to Help Kids Cope with Divorce Broken Promises: When Parents Don t Keep Their Word Cyber Savvy: A Workbook for Kids Who Have Been a Target of Cyberbullying Twice the Love: A Workbook for Kids in Blended Families Somebodyness: A Workbook to Help...



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