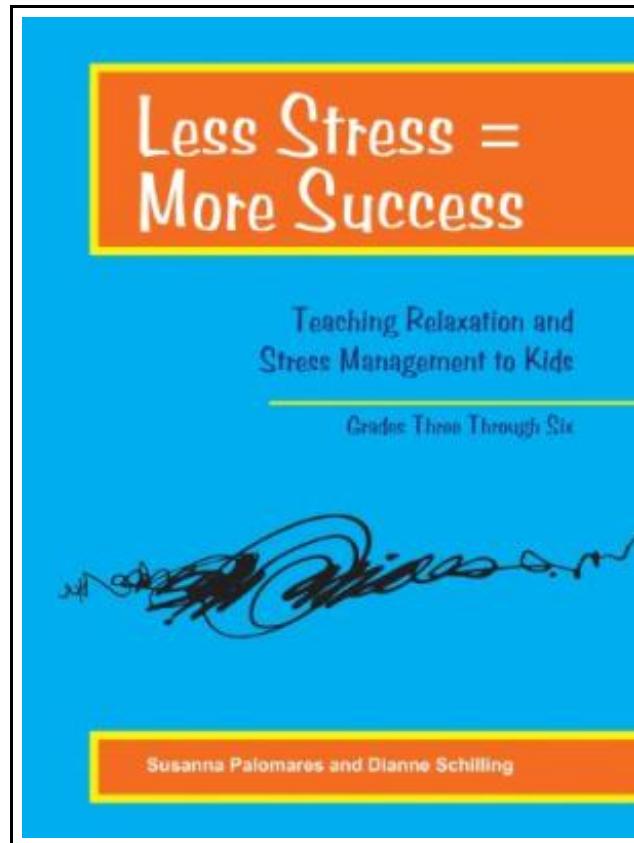


## Less Stress = More Success: Teaching Relaxation and Stress Management to Kids Grades Three Through Six



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Innerchoice Publishing, United States, 2013. Paperback. Book Condition: New. 280 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This timely book provides concrete and useful strategies to help children get in touch with the effects of stress in their lives, and more importantly, helps them learn what they can do about it. Stress has an enormous impact on the ability of children to learn and be happy. The body's defense system is built for short-term physical stressors, not long-term psychological and emotional stress, which can lead to health problems, memory loss, severe learning difficulties, and angry outbursts. **Less Student Stress = More Success** includes meaningful activities and impactful experience sheets designed to help children understand what causes stress, identify sources of personal stress, and learn strategies for managing stress. Activities cover relaxation techniques; the roles of nutrition and exercise; success strategies such as problem solving, time management; and positive self-talk; and tips for dealing with anger, worry, and high-stakes testing. The relevant introduction covers current learning theory and brain science basics.



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