



Putting on the Brakes Activity Book for Kids with Add or ADHD

By Patricia O. Quinn

Magination Press. Paperback. Book Condition: New. Joe Lee (illustrator). Paperback. 96 pages. Dimensions: 10.8in. x 8.4in. x 0.3in.Putting on the Brakes Activity Book for Kids with ADD or ADHD is an expanded and updated edition of APAs classic, bestselling workbook. The activities are comprehensive and cover practically every area in a kids life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organizing, taking medication, doing things step-by-step); behavior and emotion controlregulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outsidegreen space, etc.); and, self-awarenessselfesteem (strengths and weaknesses, making friends, etc.). All of this information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. New activities include Exercise Can Be Fun!, Your Exercise Log, Finding Your Green Space, Recognizing Angers Warning Signs, Avoiding What Makes You Angry, Organizing Your Writing, and Practice Outlining. Exercises from the original book have been updated to reflect new technological advancements (i. e., computersPDAs). This book is packed with useful and empowering lessonsskills kids can apply to and implement in their...



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Reviews

This book may be worth purchasing. I was able to comprehended every thing using this published e publication. I am happy to let you know that this is the very best ebook i have got read inside my very own daily life and could be he finest ebook for actually.

-- Rhoda Durgan PhD

This ebook is so gripping and exciting. it was writtern very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand.

-- Leif Bernhard MD