



Liking Myself

By Pat Palmer

Boulden Pub, 2011. Paperback. Book Condition: New. Sue Rama (illustrator). Revised. 201 x 150 mm. Language: English . Brand New Book. Liking Myself is an encouraging book and a valuable resource for building self-esteem and emotional stability in children 5 to 11 years of age. By writing or drawing responses to a variety of self-esteem activities, children develop social and emotional skills. The book teaches children to listen to and talk about feelings. They learn to manage the full range of their emotions including anxiety, anger, depression, and being overwhelmed without hurting others. Previous editions of Liking Myself and the companion The Mouse, the Monster and Me sold over 500,000 copies! Improves self-esteem and emotional literacy which helps curb and prevent bullying. Includes simple and fun activities and exercises to help reinforce the lessons. Positive self image and self-esteem is proven to: Reduce acting out and bad behavior. Lower children's stress and anxiety. Promote the development of healthy relationships. Help children resist peer pressure. Companion to The Mouse, the Monster and Me.



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