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SELF-CALMING CARDS



Parenting Press. Paperback. Book Condition: New. Paperback. Dimensions: 5.6in. x 3.7in. x 0.6in.A practical English and Spanish therapy product and a fun way to teach kids what to do when theyre angry, anxious or frustratedHow about the mad dance Or stringing beads Or breathing in calmness Or looking at an aquariumThese are just a few of the dozens of self-calming strategies explained in this card deck. Each of the 24 illustrated cards describes how you can soothe yourself with a...

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- Authored by Elizabeth Crary
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