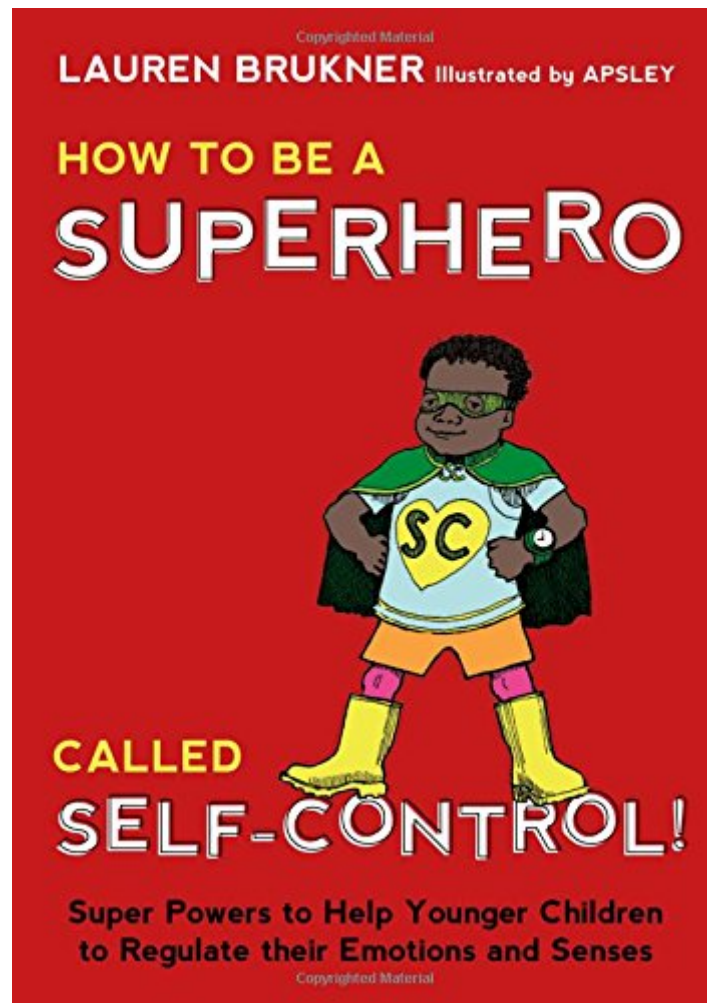


How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses PDF



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How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses by Lauren Brukner ISBN 1849057176

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers.

Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities

such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses Review

This How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This How to Be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate their Emotions and Senses having great arrangement in word and layout, so you will not really feel uninterested in reading.