



Outsmart Test Anxiety: A Workbook to Help Kids Conquer Test Anxiety

By Erainna Winnett

Counseling with Heart, United States, 2014. Paperback. Book Condition: New. 274 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Outsmart Test Anxiety is a workbook to help kids who struggle with test anxiety. Through therapeutic art and writing exercise, kids can get their feelings out, process and learn to conquer their anxiety, learn strategies for studying and test-taking, and boost self-esteem. Designed for kids aged seven to 12, this workbook is meant to be used as a counseling tool to foster positive self-image and create a practical pathway to overcoming test anxiety. Ages 7-12, Softcover, 40 pages Other titles available in the Helping Kids Heal Series Saying Goodbye: Memory Book Memories of You: Pet Memory Book Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied Better Days: A Workbook to Help Kids Better Understand and Accept Retention A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events Chill Out: A Workbook to Help Kids Learn to Control Their Anger Mom or Dad s House?: A Workbook to Help Kids Cope with Divorce Broken Promises: When Parents Don t Keep Their Word Cyber Savvy: A Workbook for Kids Who Have Been...



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Comprehensive guideline! Its such a good read through. It is actually written in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- **Lonzo Wilderman**

Complete information for publication fans. Better then never, though i am quite late in start reading this one. Its been written in an extremely straightforward way in fact it is just soon after i finished reading this ebook in which basically altered me, change the way i believe.

-- **Ellie Stark**

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