



Josh's Smiley Faces: A Story About Anger

By Gina Ditta-Donahue, Anne Catharine Blake

American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Josh's Smiley Faces: A Story About Anger, Gina Ditta-Donahue, Anne Catharine Blake, In this story, Josh gets angry, throws his toys, hits his baby brother, and breaks things in his way. Using cognitive-behavioural techniques such as a chart of smiley faces and other rewards that Josh can earn, his parents show him better ways to behave. This story helps children learn how to express anger, frustration, and other negative emotions in ways that are healthy and positive. Children who learn at an early age how to manage these emotions are less likely to have emotional and behavioural problems, such as bullying. Suitable for children aged 2-5.

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