

Angry Octopus: An Anger Management Story For Children Introducing Active Progressive Muscle Relaxation And Deep Breathing

!A practical, easy-to-follow guide to getting control of your anger so that you can live a more productive life today. ! Rather than get angry, get this book!!Robert L. Leahy, PhD, director of the American Institute for Cognitive Therapy We all get angry sometimes. But if you feel angry all of time,and if your anger makes others uncomfortable, creates distance in your relationships, disrupts your ability to think clearly and make good decisions, or otherwise results in behaviors that you regret or find embarrassing later,itis time to make a change. Written by two clinical psychologists with decades of experience using cognitive behavioral interventions to treat anger, Anger Management for Everyone provides a comprehensive, research-based program to keep anger in its place. This revised and updated second edition includes new information on the environmental effects on anger, such as hunger and sleep; new progressive muscle relaxation and mindfulness exercises; and new strategies and tips for improving social and interpersonal skills. With the authors' enhanced "Anger Episode Model," and the ten proven-effective skills for anger management in this helpful guide, you'll come to better understand and control your problem anger, learn how to cope with everyday disappointments and frustrations, and experience more happiness, success, and vitality in all areas of your life. Children love to unwind and relax with this fun exercise known as (progressive muscular relaxation). Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully.

Little Monkey feels sad, mad and angry all at once—he needs to learn how to calm down.

Dr. Sismore's book draws on scientifically proven strategies for dealing with childhood anxiety. Each simple activity in this collection helps teach children how to stop worrying, overcome their fears, and enjoy being kids. The activities can be used in counseling sessions or as homework exercises.

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

Moody Cow Meditates

Bounceback Parenting

I Am So Angry, I Could Scream

I Bet I Won't Fret

A Field Guide for Creating Connection, Not Perfection

Ten Proven Strategies to Help You Control Anger and Live a Happier Life

Sometimes Sophie worries — not during the day when she is busy with family and friends, but at night when everything is calm and quiet. Her family all try to help, but somehow they just make her worries worse. Until her mother thinks of a new approach ... that might just involve an elephant or two! But wait, don't think about purple elephants, whatever you do! Whimsical and humorous, this little girl's story of finding a way to ease her worry resonates with children and parents everywhere.

Fat people, Footballers, Flip-flops, Formula One, Wheelie luggage Cycle helmets, Processed ham, Skiing, Dogs,... Are you all wound up? Boiling and ready to blow? Breathe deeply. Relax. Master of spleen Giles Coren, author of what The Guardian called 'The Maddest Email Ever', has an unbeatable technique for working through the anger: He does it for you.

A boy and a polar bear who share a friendship learn to relax together.

Children love to unwind and relax with this fun exercise known as "muscular relaxation". Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD.

An Anger Management Story for Kids

Inky the Octopus

Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing to Help Control Anger

Don't Think About Purple Elephants

A Kid's Book about Self-esteem

Little Monkey Calms Down

Ann's anger

Anna is there to help her friends and her little brother with their worries, showing them how to talk it out, ask for support, and face new challenges. When she faces a visit to the dentist, though, Anna feels what it's like to be worried herself. Will she take her own advice and help herself not worry? Everyday Feelings Series: Young children face many strong feelings, some of which can be difficult to handle. This series uses humor and compassion to show children how to help others—and themselves—feel better when dealing with challenging emotions. Lively art illustrates the stories with charm and energy. At the end of each book, a special section for adults presents ideas for helping children deal with feelings in healthy ways, as well as a list of recommended books for further reading. Also available is a free downloadable leader's guide for this series with additional information, discussion questions, and activities.

Moody Cow has a lot of angry thoughts after a frustrating day, but his grandfather sets up a Mind Jar with sparkles and shows him that just as the sparkles settle in the jar, Moody Cow's angry thoughts can settle through meditation.

Children are sure to love experiencing belly breathing with playful sea otters and a sea child. This effective, self-calming technique also known as "diaphragmatic breathing" can have a positive impact on a child's health. Delightful characters and easy breathing encourage children to slow down, relax, and fall asleep peacefully. Full color.

Animal Imagery Inner Resource Development (for the EMDR Therapist) contains 39 vibrant images to provide a visual representation of a variety of potential inner resources for clients experiencing EMDR Therapy. Directives such as ones listed below, help clients identify their inner resources, that can then be integrated into their EMDR Therapy. -Which animals have positive characteristics that you have as well? (compassion, love, empathy, confidence, strength, etc.) -Which animals are nurturers? -Which animals are protectors?

A Workbook to Help Children with Generalized Anxiety Disorder

Helping Children to Handle Anger

Bubble Riding: A Relaxation Story Teaching Children a Visualization Technique to See Positive Outcomes, While Lowering Stress and Anxiety

Starving the Anger Gremlin

Roaring Mad Riley

Sometimes You Get What You Want

A Handbook for Parents and Professionals

Sometimes you get what you want. Sometimes you don't. This is a book about those times.

When parents need help to deal with their kids' anger, they rarely think of reading them a story when they have calmed down. The Ziger the Tiger stories have been written to help them with that breakthrough moment. Ziger the tiger will captivate kids' attention and at the same time help them to discover ways of managing their difficult moments. This is the first of the delightful Ziger the Tiger Stories set in a crazy jungle which also has an octopus or two. There are also some modern accessories like smartphone apps which give the story a modern twist. A superb way to get kids reading while helping them (and their parents) cope with anger management.

This light-hearted, self-help coloring book will guide 4-11 year olds and their parents, teachers, or counselors through simple everyday techniques used to control anger, reduce stress and increase happiness. Simple strategies empower children to self-sooth, manage anger, and improve emotional intelligence.

15-20% of children are Highly Sensitive – and they are often labelled shy, introverted, fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school.

For the EMDR Therapist

Behavioral Relaxation Training and Assessment

Helping Children Deal with Anger

Tics and Tourette Syndrome

Happy to Be Me!

A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children

Sea Otter Cove

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours, and make him disappear. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps the understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+.

Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

Looking for more connection with your kids—and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It's a playbook filled with simple yet powerful "secret missions" for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write and inspiring advice to try today, this is a game-changing resource for overwhelmed moms and dads everywhere. Get ready for your first mission...

You can be angry—and still be good. That's normal. Through understanding what anger feels like and what triggers it, we can learn and teach healthy ways to handle it. Mad Isn't Bad offers kids a positive and honest view of anger—and what to do with it.

Discusses the causes and effects of anger and provides advice on how to control and channel it

Angry Octopus Color Me Happy, Color Me Calm

The Tiger in My Chest

How to Take the Grrrr Out of Anger

The Science of Being Angry

The Children's Anger-control Book

Cool Down and Work Through Anger

Anger Management (for Beginners)

Age Level: 4 and up | Grade Level: K to 5 Published in partnership with the National Aquarium of New Zealand, Inky the Octopus is based on a real-life aquatic escape! The best octopus book for kids looking to learn more about aquatic animals and aquariums. Follow Inky the octopus as he escapes from the National Aquarium of New Zealand to the ocean! Based on a true story, Inky the Octopus: Bound for Glory chronicles the adventure that the real-life Inky might have taken on his escape to freedom in the open ocean! BONUS: backmatter includes the real-life stories of Inky and other daring octopuses, as well as fascinating facts about these masters of disguise! A Bank Street College of Education Best Children's Book of the Year (Ages 5-9) A Florida Sunshine State Young Readers Award Winner

A young boy discusses his feelings of frustration with his mother who suggests ways for him to understand and deal with such emotions.

Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing to Help Control AngerStress Free Kids

A boy and a turtle who share a friendship learn to relax together.

Angry Octopus

Anger Management for Everyone

Mad Isn't Bad

Spanish/English Bilingual Immersion Kit: Children's Stories for Language Learning, Immersion, and Relaxation

A Child's Book about Anger

A Volcano in My Tummy

The Highly Sensitive Child: Helping our children thrive when the world overwhelms them

A guide to social interaction for autistic young people provides a five-point scale to help in determining what behavior is acceptable and gives examples of different behaviors and how they appear to others.

"On a day when things felt dark, a little tiger grew. Not in a cage but in my chest, was this little ball of anger." A simple story explaining what happens when we get angry and how lonely and confusing this big emotion can feel. With 5 Anger Management Strategies to use at home or in class by Dr. Stephanie Margolese, Ph.D.

Stress management solutions for you and your children! Kids today are more stressed, overwhelmed, and struggling with anxiety than ever before. Children are not born with the coping strategies needed to navigate today's increasing demands of technology, bullying, academics, and family dynamics. You yourself might wonder how your own stressed-out lifestyle is affecting your children. Based on Lori Lite's award-winning series, Stress Free Kids provides relaxation techniques you can use to free your child from stress. Lite shows you how to apply breathing, visualizations, affirmations, and muscle relaxation exercises effortlessly throughout the day. These parenting solutions to everyday stressors will reduce worries and anxiety while increasing self-esteem. You and your children will gain freedom as you live a more joy-filled life with less stress. With this complete resource as your guide, your family will create your own collection of stress-free moments that add up to peace and confidence—for you and your children.

Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words. They discover concrete skills for working through anger: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary-age children see that when they cool down and work through anger, they can feel peaceful again.

Ziger the Tiger Never Gets Angry

Stress Free Kids

A 5 Is Against the Law! Social Boundaries

A Relaxation Story

A Self-Help Kid's Coloring Book for Overcoming Anxiety, Anger, Worry, and Stress

A Boy and a Bear

Don't Rant & Rave on Wednesdays!

Helping children develop good self-esteem means helping them simply be themselves. It means letting them know how loved and cherished they are—just because of who they are. The elfin friends in this colorful book lead the young reader through a process of self-discovery: exploring uniqueness, building a healthy self-image, and preparing for challenging situations. Every child in the world is special, gifted, and wonderful. And each one deserves to feel "happy to be me"! This honest and upbeat book will bring real help and understanding.

Annotation "Tourette Syndrome and tic disorders are very well known yet frequently misunderstood conditions. In this handbook, Dr. Utom Chowdhury examines their signs, symptoms and possible causes. He offers sound advice and practical techniques for managing symptoms as well as reviewing the current medical treatments available. Strategies for dealing with associated problems such as bullying and low self-esteemes are also offered, making this an essential read for parents and professionals caring for a child with Tourette Syndrome or tics."-BOOK JACKET>Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development. Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, A Volcano in My Tummy gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years.

Warwick Padney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

A mermaid and a sea turtle experience the colors of the rainbow within their warm, relaxing bubbles.

I'm Frustrated

Feelings and Emotions: Feeling Sad

An Anger Management Story Introducing Active Progressive Muscular Relaxation and Deep Breathing

Feeling Worried

Straight Up! an Honest Guide for Teens and Young Adults

The Children's Relaxation Book

Animal Imagery Inner Resource Development

Eleven-year-old Joey navigates family, friendships, and her first crush, while looking for answers to why she feels so angry sometimes and by searching for the donor her moms chose.

Trying—and failing—can be a path to happiness too. Leela loves to do yoga. She could do all sorts of poses, but there was one pose she couldn't do. Every time Leela tried to do a headstand...KERPLUNK! This book explores the themes of acceptance, resilience, and self-compassion and offers the message that just because we may experience a failure does not mean that we are a failure. Written as a counterpoint to the message of The Little Engine that Could, Happiness Doesn't Come from Headstands is a story about a girl who tries her best, but still falls down. Through the process she learns that happiness is not determined by external achievement. Through accepting our limitations and celebrating our efforts, even in the face of failure, peace can be found.

Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources when they need more support.

After a frustrating day at school causes Penny to arrive home very angry, her Aunt Rose offers positive ways to resolve problems, including the creation of an "anger chart."

A Children's Relaxation Story

A Boy and a Turtle

Bound for Glory

Happiness Doesn't Come from Headstands

This wonderful and engaging 1st book in a trilogy that includes Steps and Stones and Peace, and Bugs and Understanding, gives children and caregivers a concrete practice for dealing with anger and other difficult emotions. In Anh's Anger, five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." The story unfolds when Anh discovers what it means to sit with his anger. He comes to know his anger in the first person as his anger comes to life in full color and personality. Anh and his anger work through feelings together with humor and honesty to find a way to constructively release their thoughts and emotions and to reach resolve with Anh's grandfather. The story is beautifully illustrated with handmade collages by New York artist and childrens book illustrator Christiane Kromer. Each collage is a mix of paper, acrylic, and cardboard, and found materials. The materials reflect the connection between the characters and their environment and are indicative of the wide range of emotions that come together in the story. Anh's Anger teaches children that it is okay to feel angry, and shows the technique, often used by child therapists, of externalizing the emotion. Through taking time to 'sit' with his anger, a young child is able to see his anger and talk to it and together they move through the journey of experiencing the different stages of anger until the feeling subsides and finally resolve. Anh's Anger differs significantly from other books on anger resolution techniques in showing that the child is able to talk about what transpired and accept responsibility for hurtful things that he may have said or done. The author's intention is to help parents understand that there is an alternative to "time out's" as a means of helping children to express themselves when feeling angry, while providing children with a mechanism for internal dialogue during a "time out" or when "sitting" with their anger. Through reading the story, children will learn to acknowledge anger when it arises, understand the cause of their anger, and ultimately feel safe expressing themselves and accepting accountability for their actions when appropriate. By learning these skills, children, will grow comfortable with them and carry them into adulthood with ease and confidence.

Broader coverage of the disorders for which relaxation training is known to be useful, and an expanded section on special populations, are new to the second edition of this volume. Roger Poppen provides a general framework for all relaxation training methodologies from a behavioural perspective, with a focus on new methods of training and assessing relaxation. Based on the research and clinical practice of the author and his students, methods are presented in sufficient detail for practitioners to adopt them in a variety of applications. The assessment procedure described is not specific to the training method and can be employed with any relaxation training procedure. Extrapolations and projections for future directions in

This picture book story explores feelings of sadness using everyday situations that children might be familiar with. This book shows different reasons why young people might be feeling sad and gives advice on how to cope with this feeling or help others who are feeling sad. Ideal for home or classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with feeling sad. Illustrated by the ever-popular and award-winning illustrator Mike Gordon, this book is part of a series of stories about feelings and emotions for 4 to 8-year-old children, which help children to understand their feelings and work out the best way to deal with them. This will boost their self-esteem and reinforce good behaviour.They support the Personal, Social and Emotional Development Area of Learning in the Early Years Foundation Stage. Other titles are: Feeling Angry, Feeling Frightened, Feeling Jealous, Feeling Shy and Feeling Worried