

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

A child tries a variety of ways to dissolve anger.

The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of “high sensitivity” in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. The publication of The Highly Sensitive Person, Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives of those who possess it. Up to 20 percent of the population is born highly sensitive. The Highly Sensitive Child, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron’s years of experience as a psychologist and her original research on child temperament, The Highly Sensitive Child shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the right parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on: • The challenges of raising an highly sensitive child • The four key parenting strategies for an HSC • How to soothe highly sensitive infants • Helping sensitive children survive in a not-so-sensitive world • Making school and friendships enjoyable With chapters addressing the needs of specific age groups, from newborns to teenagers, The Highly Sensitive Child delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

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 capture their 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 children's 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.

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

A Relaxation Story

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

The Children's Relaxation Book

Ian's Walk

A Boy and a Bear

Mad Isn't Bad

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.

Arthur's anger is so great that he wants to take it out on the whole world.

The acclaimed Polly Dunbar offers, through a lively, read-aloud story, a meditative and effective way to calm the toddler tantrum. This is a book about dealing with emotions, as well as being a gentle introduction to counting. The perfect picture book for dealing with bad days and bad moods, with a big reassuring hug at the end. It will have a calming effect on the child and the grownup.

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.

Helping Children to Handle Anger

I Am So Angry, I Could Scream

Draw Your World

The Highly Sensitive Child

Helping Our Children Thrive When the World Overwhelms Them

Read Along or Enhanced eBook

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.

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

Three-time Caldecott Honor artist Molly Bang's award-winning book helps children and parents better understand anger. Everybody gets angry sometimes. And for children, anger can be very upsetting and frightening. In this Caldecott Honor book, children will see what Sophie does when she gets angry. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. What do you do?

A child-friendly format for the classic book on how emotions and behaviors interact With wacky characters, varied type faces, and vivid colors, this picture book introduces the vocabulary of values with nonjudgmental language. A wide variety of character traits presents kids with scenarios they can identify with, including peering at bugs with a magnifying glass, making the bed, and finishing a puzzle. Additional examples define words such as "curious," "responsible," "persistent," and "capable." The scenarios let children imagine how they might act in a number of common situations. The Way I Act provides parents with guidance on how to talk to their children about the difference between feelings and actions and the choices that kids can make in their behavior.

How to Sketch and Paint Your Remarkable Life

Alex and the Scary Things

Don't Think About Purple Elephants

Roaring Mad Riley

Sea Otter Cove

I was So Mad

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.

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

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-soothe, manage anger, and improve emotional intelligence.

"An approachable and inspiring guide to sketching and painting the world around you including nature drawing, urban sketching, travel drawing, drawing from memory or photos, and sketch journaling"--

Sometimes You Get What You Want

Will You Fill My Bucket?

Angry Octopus Color Me Happy, Color Me Calm

Why Is My Child in Charge?

Catch a Kiss

Daily Acts of Love Around the World

Julie can't wait to go to the park and feed the ducks with her big sister, Tara. There's only one problem. Her little brother, Ian, who has autism, wants to go, too. Ian doesn't have the same reactions to all the sights and sounds that his sisters have, and Julie thinks he looks silly. But when he wanders off on his own, she must try to see the world through his eyes in order to find him.

In this wordless graphic picture book, a young boy feels alone with his worries. He isn't fitting in well at school. His grades are slipping. He's even lashing out at those who love him. Talented Australian artist Mel Tregonning created Small Things in the final year of her life. In her emotionally rich illustrations, the boy's worries manifest as tiny beings that crowd around him constantly, overwhelming him and even gnawing away at his very self. The striking imagery is all the more powerful when, overcoming his isolation at last, the boy discovers that the tiny demons of worry surround everyone, even those who seem to have it all together. This short but hard-hitting wordless graphic picture book gets to the heart of childhood anxiety and opens the way for dialogue about acceptance, vulnerability, and the universal experience of worry.

Solve typical toddler challenges with eight key mindshifts that will help you parent with clarity, calmness and self-control. Through stories from her practice, Claire Lerner shows parents how making critical mindshifts—seeing their children’s behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. This process puts parents back in the driver’s seat, where they belong and where their children need them to be. These real life stories provide a roadmap for how to tune into the root causes of children’s behavior and how to create and implement strategies that are tailored to the unique needs of each child and family. Through these stories, Claire provides a treasure trove of practical solutions that are based in science and which work in real life. Why Is My Child In Charge? picks up where other books have left parents hanging. Most parenting books offer solutions that sound good on paper but don't work in practice. They are aspirational rather than achievable, or they offer one-size-fits-all approaches that don't meet the needs of an individual child. They can compound parents' feelings of frustration and thus, can be counterproductive. Case by case, Claire unpacks the individualized process she guides parents through to solve the most common challenges such as throwing tantrums in public; delaying bedtime for hours; refusing to participate in family mealtimes; and resisting potty training. Employing a relatable story-telling approach, Claire elucidates: The faulty mindsets that pose obstacles to parents seeing the situation more objectively The essential mindshifts that enable parents to quickly identify the root causes of the problem The development of an action plan tailored to each unique child and family Why is My Child in Charge? is like having a child development specialist in your home. It shows how you can develop "win-win" strategies that translate into adaptable, happy kids and calm, connected and in-control parents. It will help you be the parent you want to be.

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

When I Am Angry

Cool Down and Work Through Anger

A Children's Relaxation Story

The Way I Act

When Sophie Gets Angry - Really, Really Angry...

Anger Is Like Armour

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."

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 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.

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.

A Roadmap to End Power Struggles, Increase Cooperation, and Find Joy in Parenting Young Children

I'm Frustrated

Angry Octopus

A Boy and a Turtle

A Child's Experience with Epilepsy

Small Things

Everyone feels angry sometimes, but there are always ways to feel better! Join a bunny rabbit and her family as she learns to manage angry feelings. With a focus on identifying the causes of an emotional reaction, and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

It has a great message: "I cannot say enough positive words about this story. Get it, you won't be disappointed!". " - James "A "life lesson" book for ages 3 5 with fun colorful illustrations. Great kindergarten book!" - Heather Explains anger & feelings: " It was a great book! Made my 3 year old laugh!! " - Kathy " It is a nice book for kids to discuss anger and feelings." - Erica And Cute illustrations with nice rhyming story Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

A simple question, Will You Fill My Bucket?, is fervently asked by children from twelve different countries. Sweet rhyming prose and vividly captivating illustrations delight the senses and express the deep joy and love we hope for all children. Will You Fill My Bucket? and the responses given will touch the heartstrings of people young and old around the world. Bucket filling, the essence of being loved and loving others, occurs in those little moments in a day when you stop and just listen, cuddle, play, or spend time with a child

Read Along or Enhanced eBook: Izzie just loves when her mama blows her kisses to catch. Smooch kisses, zig-zag kisses, and even triple decker kisses! But even though she runs and leaps for it, Izzie misses a kiss! Her heart sinks as she watches it zip higher and higher into the sky. When Mama lets Izzie in on a sweet secret she realizes that her mama's love will always come to find her, no matter what! This silly and tender story is a universal one of a parent's love.

Angry Arthur

An Anger Management Story for Kids

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

Kids Books about Anger, Ages 3 5, Children's Books

A Story to Help Children Who Have Experienced Something Scary

The Tantrum Monster

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes. By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings. An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

This is the story about a little girl named Nel, who is diagnosed with epilepsy. The story takes the reader through the days following Nel's first seizure.

Rhyming text invites young readers to pet critters of all sorts, in a book with textured pictures.

This Newbery Honor book about a girl who has never known family fighting for her first true home “will leave readers . . . satisfied” (Kirkus Reviews). Hollis Woods is the place where a baby was abandoned is the baby’s name is an artist is now a twelve-year-old girl who’s been in so many foster homes she can hardly remember them all. When Hollis is sent to Josie, an elderly artist who is quirky and affectionate, she wants to stay. But Josie is growing more forgetful every day. If Social Services finds out, they’ll take Hollis away and move Josie into a home. Well, Hollis Woods won’t let anyone separate them. She’s escaped the system before; this time, she’s taking Josie with her. Still, even as she plans her future with Josie, Hollis dreams of the past summer with the Regans, fixing each special moment of her days with them in pictures she’ll never forget. Patricia Reilly Giff captures the

yearning for a place to belong in this warmhearted story, which stresses the importance of artistic vision, creativity, and above all, family.

Behavioral Relaxation Training and Assessment

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

A Story about Autism

Red Red Red

A Child's Book about Anger

Ziger the Tiger Never Gets Angry

Anger is a strong and powerful thing. It brings us lots of energy, and it can tell us when something is not right or when we have a problem. Anger is something that can protect and take care of us. Anger is a bit like armour. This series deals with emotive issues that children face in direct and gentle terms, allowing children's feelings and problems to be more easily shared and discussed with family and friends. These beautiful picture books share simple examples of positive thinking that children can apply to everyday situations. 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.

Grief is like a snowflake. Each snowflake is different and everyone shows grief differently. After the death of his father, Little Tree begins to learn how to cope with his feelings and start the healing process. With the help and support of his family and friends, Little Tree learns to cope by discovering what is really important in life, and realizing his father's memory will carry on. Best-selling author, Julia Cook, and a lovable cast of trees, offers a warm approach to the difficult subject of death and dying.

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 Pudney 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.

When I Feel Angry

Mommy, I Feel Funny!

Happiness Doesn't Come from Headstands

Grief is Like a Snowflake

Pictures of Hollis Woods

Have You Ever Tickled a Tiger?

*The International Bestseller. *Updated version Emotions & Feelings Series Book 4 Monster is in a bad mood. Despite our best efforts, reality doesn't always meet our expectations. There is no need to be upset or mad. This fun picture book opens a lot of opportunities to talk about emotions and feelings. Based on self-regulation theory, this is a story that helps to let their feelings out in a healthy way. Children will learn how to breathe through anger and frustration, to be able to think before acting, to be mindful. It's perfect for preschoolers ages 3 to 5, parents, teachers and anyone who works with kids. * Help kids explore overwhelming feelings *Anger is a natural emotion, but it can be difficult to handle *Learn to control and manage their anger in a positive way Here's what readers are already saying about this amazing children's book: "A must for any quick-to-tantrum kids" -- Kim "This is a good starting point to chat with a very young child about emotions" -- Jacob "This is the best book with the ever-shifting moods of preschool kids. " -- Sam And *Cute illustrations with nice rhyming story *Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this picture book to your cart and ENJOY*

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.

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

Anh's Anger

A Volcano in My Tummy

Helping Children Deal with Anger

(Childrens Books about Anger, Picture Books, Preschool Books)

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