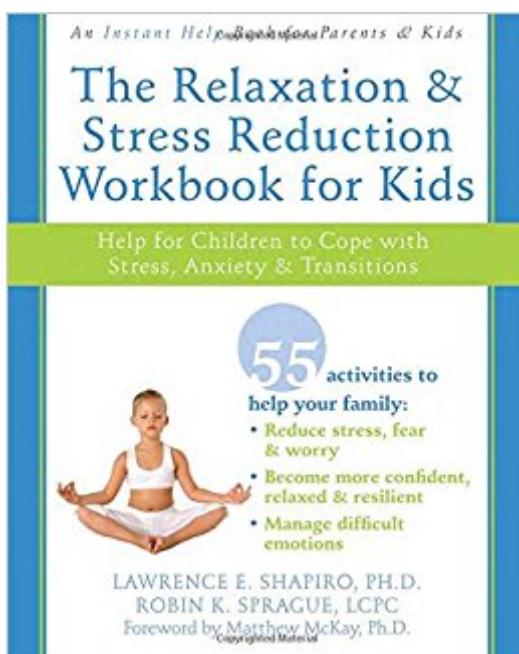


The book was found

# The Relaxation And Stress Reduction Workbook For Kids: Help For Children To Cope With Stress, Anxiety, And Transitions (Instant Help)



## **Synopsis**

Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. The Relaxation & Stress Reduction Workbook for Kids, written by two child therapists, offers more than fifty activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy. You'll learn proven relaxation techniques, including deep breathing, guided imagery, mindfulness, and yoga, and then receive guidance for teaching them to your child. Your child will also discover how taking time to do art and creative projects can create a sense of fulfillment and calm. By completing just one ten-minute activity from this workbook each day, you'll make relaxation a family habit that will stay with both you and your child for a lifetime.

## **Book Information**

Series: Instant Help

Paperback: 144 pages

Publisher: Instant Help; Workbook edition (February 2, 2009)

Language: English

ISBN-10: 1572245824

ISBN-13: 978-1572245822

Product Dimensions: 0.5 x 7 x 10 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #22,349 in Books (See Top 100 in Books) #90 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills #99 in Books > Self-Help > Stress Management #105 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## **Customer Reviews**

The Relaxation and Stress Reduction Workbook for Kids offers parents a variety of techniques they can use to help their children relax, unwind, and deal constructively with common stressors such as divorce, loss of a loved one, a family move, starting at a new school, and more.

My 10 year old doesn't find this book or exercises in the book helpful for reducing anxiety. I think it would be ok for younger kids 5-8 years old or so. Didn't help us. Listening to relaxing bedtime meditations much better.

Great book!

My daughter loves this book. It helps with her nightly routine to wind down and get better sleep. Was recommended by our therapist as a good book for kids with anxiety issues.

useful

I love that there are several different exercises and all are geared for children and adolescents. I believe some are great for using with kids with general emotion regulation problems. Definitely recommend.

I have a 5 yo with high functioning autism, severe sensory issues, severe adhd, anxiety. This book is very good. Explains the importance of working on their stress relief in important steps, parent...environment..then them. We love the yoga.

This book has lots of helpful exercises to encourage a lower stress environment! I would recommend it for all ages.

Great book to help with getting kids back on track as they go through changes like split households etc. helped my 10 year old for sure!

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The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric

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