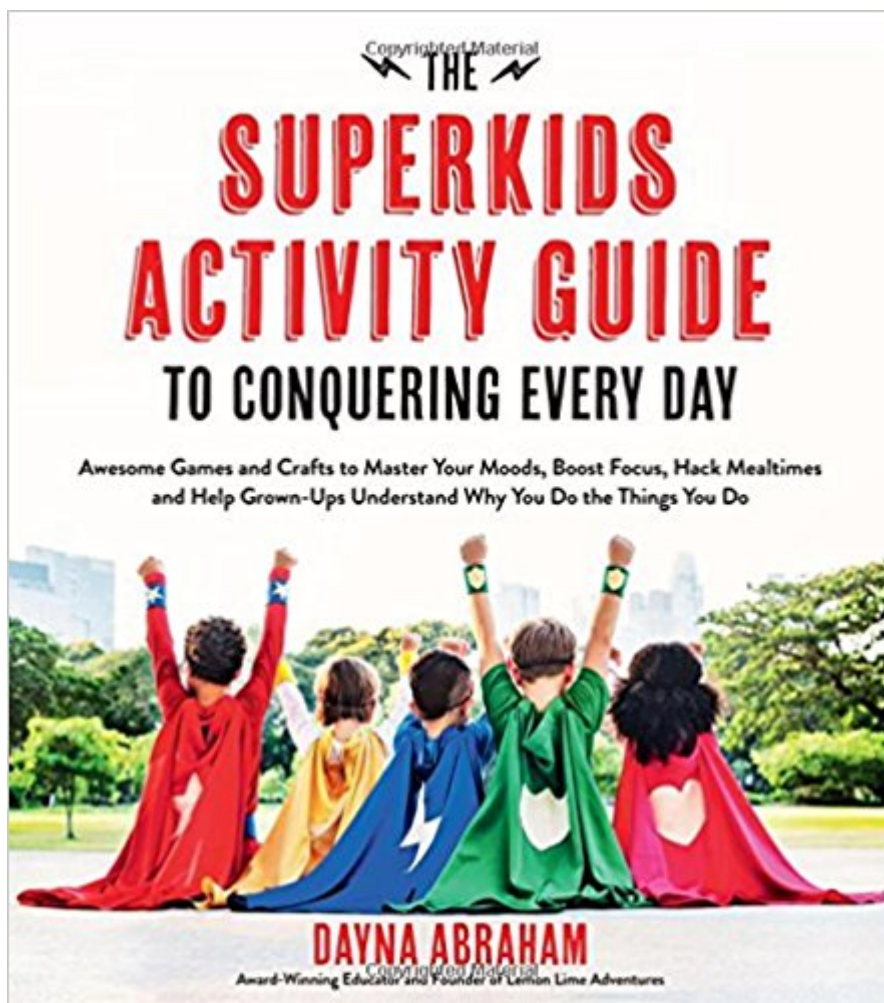


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# The Superkids Activity Guide To Conquering Every Day: Awesome Games And Crafts To Master Your Moods, Boost Focus, Hack Mealtimes And Help Grownups Understand Why You Do The Things You Do





## Synopsis

Stay Calm, Be Happy and Make Every Day Amazing! Do kids' behaviors leave you confused and frustrated? Dayna Abraham is teaching the world there's a better way. She, too, was baffled by her son's behaviors until she realized the power of using science and child development to see him for the superkid he already was. In this revolutionary book, Dayna bridges the gap between kids and the adults who love them by empowering kids to be their own problem solvers; helping adults understand what kids really need to succeed. As a teacher, writer and mother, she explains that undesirable behaviors are really a cry for help. Kids have a need, but lack the tools and skills to express it. In this book, she gives kids fun projects and tools that boost their ability to control their behaviors, explain how they're feeling and gain confidence. Dayna has a talent to understand kids, meet them on their level and motivate them. At the same time parents, teachers and caretakers see life from a kid's perspective, helping to avoid arguments. Each of the 75 unique sensory-rich projects in The Superkids Activity Guide to Conquering Every Day will help kids navigate the most challenging times of day. Whether kids struggle to get out the door in the morning or hate to sit for homework, this is the book for you. Kids will be begging to clean their room, their dinner plates, and more with exciting activities such as: Magnetic Morning Routines to help kids visualize their time and tasks to stay on track Race to the Finish Dinnertime Gameboard to help even the pickiest eater find foods they like Seated Silly Busters so even the wiggliest kid can get their work done Weighted Snake Lap Buddies to calm fidgety legs and minds Calming Glitter Slime to squash big worries No Sew Weighted Blanket to ensure a good night's rest... and so much more. The Superkids Activity Guide to Conquering Every Day puts the power into kids' hands to understand themselves, discover their superpowers and have an awesome day, every day.

## Book Information

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Age Range: 5 - 12 years

Grade Level: Kindergarten - 7

## Customer Reviews

â€œBrilliant! Dayna has masterfully created a unique guide to navigating life with kids that will end the battles and arguments once and for all.â€• Amy McCready, founder of Positive Parenting Solutions, author of *The Me, Me, Me Epidemic* â€œPure genius! Superkids will feel more than empowered after reading this book, and will find themselves succeeding at times when they used to feel stressed.â€• Sheila McCraith, founder of The Orange Rhino, author of *Yell Less, Love More* â€œFinally, a path to understanding instead of arguing! Using humor, creativity and respect, Dayna empowers kids to be capable, problem-solving superkids.â€• Alissa Marquess, founder of Bounceback ParentingÂ® and the Parenting Secret Mission Society â€œThe Superkids Activity Guide embraces the unique challenges faced by today's kids in a positive way. These fun activities will make each day go more smoothly.â€• Vanessa Levin, early childhood specialist and founder of Pre-K Pages â€œSometimes superkids need a sidekick to help them see the awesome, creative and quirky uniqueness that makes them who they are. Dayna Abraham has built that sidekick masterfully in this fun and brilliantly organized kid-friendly book, designed to empower your superheroes to go out and conquer their struggles and be awesome every day.â€• Colleen Kessler, educational consultant, speaker, author of *100 Backyard Activities That Are the Dirtiest, Coolest, Creepy-Crawliest Ever!* and founder of *Raising Lifelong Learners* â€œDayna Abraham makes what can be the hardest parts of kids' and parents' days empowering and fun. This book is full of creative solutions for families to turn peer struggles into super powers.â€• Allison McDonald, teacher, author of *Raising a Rock-Star Reader* and founder of No Time for Flashcards

Hey, superkids. Yes, that's YOU! This book you hold in your hands is really unique, just like you are. It has tons of new and awesome kids activities, crafts, games and projects you've never seen before. But get this . . . At the same time you're playing and making things, you will be activating superpowers that you didn't even know you had! the kind of superpowers that will help you calm down when you're feeling upset, get to school on time, get a

razor-sharp memory, power through schoolwork with super-focus skills, and fight villains in your mind like sadness and anger.Â Here's a secret: You'll even learn how to teach adults cool scientific words and ideas that will help them understand how you feel and why you do the things you do.Â Best of all, you'll have a ton of fun making cool things like an Anti-Time Warp Timer, a Mesmerizing LEGO® Maze, a Stuffed Animal Crash Pad and even your own Upcycled Superkids Cape and Mask. Race to the Finish Dinnertime Gameboard makes dinnertime fun for everyone and helps you discover tasty new foods. With Seated Silly Busters, even the wiggliest kid can wiggle and get their work done! Learn to make homemade Calming Slime, then squish it, squash it, smell its calming scent and your biggest worries will fade away.Â The colorful tools in this book will show you how to conquer your day like a rock star, every day!

Need a reminder of how awesome your kiddo(s) is/are? Better yet, a reminder that in fact your child is a Superhero despite the daily trials and tribulations?! Allow Dayna Abraham to help bring your Superkid back down to Earth and guide them to being better focused and more successful human beings in their own little worlds...one creative and fun step at a time! This book is a must buy! Enjoy!

This book helps kids and adults look at old problems in new ways. Through activities and insights for kids to deal with their adults this book can open up new paths for understanding in families-- and allow them to have plenty of fun in the process.

This book has been so great for my girls to have. They just love it. They love that it is simple and easy for them to read. They love that they can pick out just the right activity for them. They can find exciting and calm down in one place. My girls took the book and had it for 2 days before I ever got a look at it. We have several of the ideas and it also tells me as a parent why my kids need this in a teach the parent section. I know that I'll be giving this book away to friends at Christmas!

This book is a great way to encourage kids to take control of their emotions and day and encourage independence. All of the activities are fun and colorful and promote listening to their bodies and figuring out what they need to be successful in their day.

I wish I'd had this resource when I was raising my children. It will be part of any classroom I'm in, and certainly can't wait to use it with grandchildren (in the future). I've already passed on to others on Facebook that they should get this ASAP.

I can't wait to make the Magnetic Morning Routines Chart, Conflict Resolution Spinner, and to try the Hello Mr. Sunshine Morning Stretches with my kiddos! I was looking for calming techniques, and look forward to trying out Calm, Cool and Collected with its Rise and Fall game. I have bought multiple copies of the book so that I may gift my children's teachers at the start of the school year. So excited! --Tanya

Great activities that my son was willing to do (even though he usually fights the ones his therapist gives him). My husband is thinking about using some of these tips in the behavioral center he works in with kids. Look forward to trying some of the morning tips for getting my kids ready once school starts.

I am only half way through this book and I already have gotten so many helpful hints to make everyday easier. This book is a must have for anybody with children no matter what age. The earlier you start the better

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