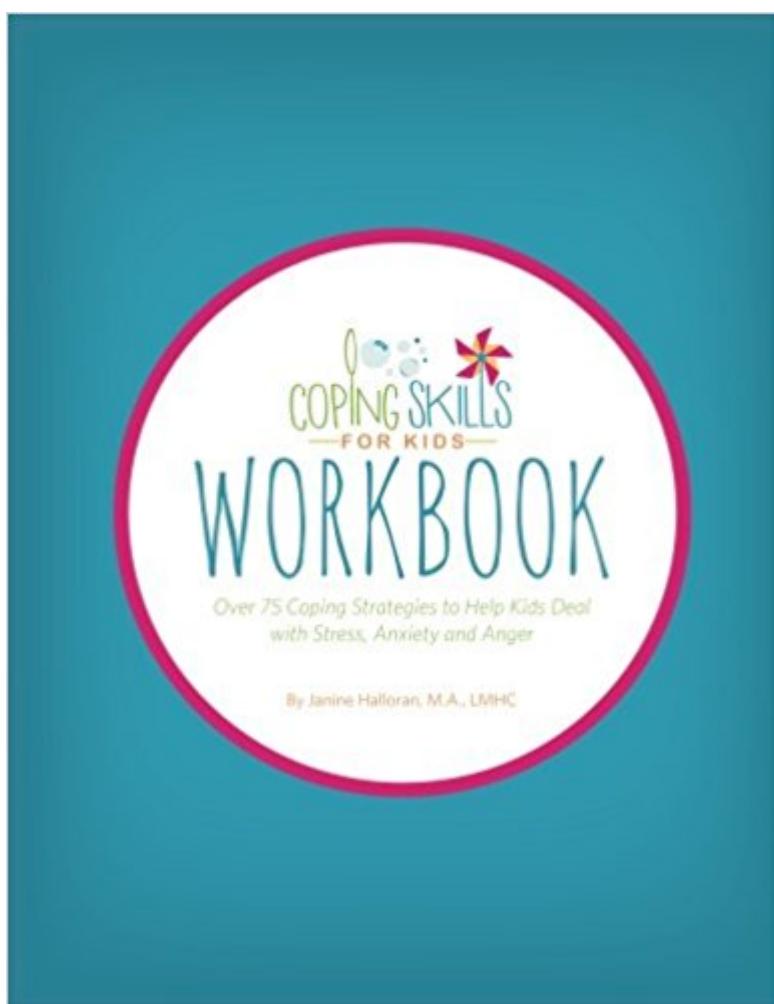


The book was found

# Coping Skills For Kids Workbook: Over 75 Coping Strategies To Help Kids Deal With Stress, Anxiety And Anger



## **Synopsis**

The Coping Skills for Kids Workbook is designed to help kids learn and practice coping skills to deal with anxiety, stress and anger. The workbook includes: Over 75 Coping Skills for Kids to try with more than 20 Printables/Worksheets to help Links to Coping Skills for Kids YouTube Videos A Resource Collection of other helpful books and websites for families Kids can read this book on their own, or they can work through it with a family member or another trusted adult. To learn more about coping skills for kids, and to get ideas and products to help you, visit [www.copingskillsforkids.com](http://www.copingskillsforkids.com) today.

## **Book Information**

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Average Customer Review: 4.8 out of 5 stars 10 customer reviews

Best Sellers Rank: #55,056 in Books (See Top 100 in Books) #100 in Books > Self-Help > Emotions

## **Customer Reviews**

"The Coping Skills Workbook is an excellent resource for parents (and educators) who want to help the children in their lives learn important, timeless skills for self-soothing. Filled with concrete suggestions and instructions, this workbook allows parents to teach their kids to cope with the stressors that they will inevitably encounter in their day to day lives. This workbook also functions as a layperson's primer on Cognitive Behavioral Therapy, helping parents teach kids how to reframe their cognitions and change their behaviors to feel more calm and in control."-Dr. Samantha Rodman, Psychologist, Author of How to Talk to Your Kids about Your Divorce, and creator of [drpsychmom.com](http://drpsychmom.com) "I absolutely LOVE the "Coping Skills for Kids Workbook" by Janine Halloran. It's an AMAZING resource of over 75 coping strategies for kids to help deal with stress, anxiety, and anger. It's organized wonderfully by four categories - calming coping skills, distracting coping skills, physical coping skills, and process coping skills - with an extremely helpful checklist handout to work on with kids. With all of these strategies in one place it will definitely be

my "go-to" book for a long time in my work as a child psychologist and play therapist."-Dr. Laura Hutchison, Psychologist and creator of blog.playdrhutch.com

**ABOUT THE AUTHOR** Janine Halloran is a Licensed Mental Health Counselor with over 15 years of experience working with children and adolescents. She has worked in a variety of settings, including schools and outpatient mental health clinics. In 2013, Janine started Encourage Play, a website dedicated to encouraging kids to learn social skills through play. The topic of self-regulation and learning coping skills to deal with difficult feelings kept coming up as she was doing work for Encourage Play. Teaching coping skills has always been a passion of Janine's, since she first started as a counselor and since she became a mother. Dealing with stress, anxiety and anger is such an important skill to learn, but not all kids learn those strategies naturally. Janine wanted to create a website with curated products aimed at helping kids calm down, balance their energy and emotions and process challenging feelings. So she created Coping Skills for Kids, an entire site dedicated to teaching children how to deal with stress. Janine lives in Massachusetts with her husband (whom she has known since high school!). They have an 8 year old daughter and a 5 year old son. As a family, they are working on increasing their positive coping skills together. It's always a work in progress. When Janine isn't working, you can find her in her garden or doing an arts and crafts project. She has a weakness for Nutella and Netflix.

This is one of my most used tools with anxious kiddos in my therapy practice. This book works well with kiddos 8-12ish but I have used different pages and techniques for older and younger people. I really love the flow and techniques provided in this book.

Great activities. We need to be better about sitting down and working through them, but what we have done has been helpful.

excellent information for kids to read and use on their own. felt it was over priced, but good info.

Good book!

Wonderful resource. Excellent activities across a range of concepts and strategies. Any therapist would benefit from having a copy of this. As a professional treatment provider I'm extremely choosy about the books I buy and use. This one is really quite outstanding.

This workbook is a valuable tool for any caregiver, educator, or therapist working with children. The coping skills in the book are separated into 4 main sections - Calming Skills, Distraction Skills, Physical Skills, and Processing Skills. Each section includes a number of activities with a brief kid-friendly description. As a child therapist, I'm always searching for resources and ideas to teach calming coping skills to kids. Though a lot of the skills were familiar to me, there were many that I have not tried (or even thought of!) yet! I appreciate having them all in one place -- there's even a handy checklist -- so I can introduce new skills to clients, and we can check off the ones they like, make notes about the ones that worked well, and add to the list in the future! As a mom, this workbook is a great addition to our home library. I set it out on the table and my 8 and 6 year old immediately began trying some of the activities (they loved the different breathing visuals). I'm thankful to have a resource that we can work through as a family, but is also simple enough that they can pick it up and use it on their own.

I ordered this book to give me some new ideas when working with Children. I am a counselor and work with all ages, including children for Play Therapy. This is a wonderful book, very detailed and helpful! I would recommend it!

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