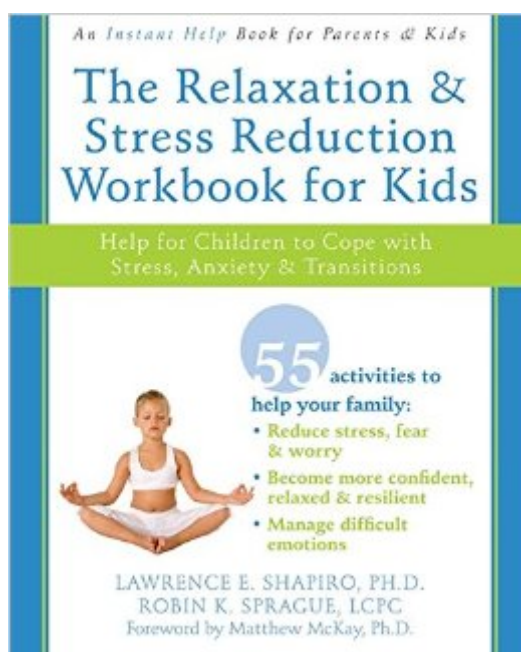


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# The Relaxation And Stress Reduction Workbook For Kids: Help For Children To Cope With Stress, Anxiety, And Transitions (Instant Help)



## 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: 4.6 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #10,962 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#) #54 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills](#) #57 in [Books > Self-Help > Stress Management](#)

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

My 10 year old daughter has been experiencing some situational anxiety. She and I began using this workbook together to help her feel more relaxed and in control. At first, she was very skeptical, but we began using the Relaxing through Guided Imagery activities. Within a few nights, she was no

longer experiencing the anxiety attacks that prevented her from falling asleep. She now asks for the activities before bed and we have begun to do them as a family. I highly recommend this book. It is easy to use and extremely effective.

I use this book in an individual and group counseling setting! This has great activities for any kid! I think it works especially well with kids that have ADD/ADHD, anger, anxiety, and/or impulse control problems. Use this book to start teaching your child relaxation and self calming skills early!

I use this in therapy with some of my children who need coping skills for anxiety. There are some good activities, like the guided imagery and the yoga postures that kids find are fun, but some of the worksheets are sometimes not the best to use on the fly. I find the best age range to use this with are kids from 6-10 y/o.

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.

The book is a great resource for the family, but it is not user friendly. As a workbook you should be able to print the work pages and logs. However it is a pain to get them printed. There are several steps that must be done and in the end you still have to enlarge the document. I is a HUGE hassle. As a workbook the publisher should be able to find a way to unlock the worksheets to make them printable. Otherwise it is an awesome resource.

I love this book it works for children and adults. I am a professional counselor but it works great for parents as well.

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

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.

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The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) Progressive Relaxation (Relaxation & Stress Reduction (Audio)) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry When Someone You Love Has Cancer: A Guide to Help Kids Cope (Elf-Help Books for Kids) The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) I Don't Want to Go to School: Helping Children Cope with Separation Anxiety (Let's Talk) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep A Young Woman's Guide to Setting Boundaries: Six Steps to Help Teens \*Make Smart Choices \*Cope with Stress \* Untangle Mixed-Up Emotions The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Beyond the Blues: A Workbook to Help Teens Overcome Depression (Teen Instant Help) Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Master Mandalas: A Mandala Coloring Book: A Unique Mindfulness Workbook & Zen Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy)

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