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Activities to Help Children
Overcome Anxiety & Face
Their Fears at Home, at School,
and Out in T The Anxiety
Workbook for Kids The OCD
Workbook for Kids The Nature
Connection Anger Management

Workbook for Kids The Gender
Identity Workbook for Kids
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Cool, Calm, and Confident
Cursive Handwriting Workbook
For Kids Complete Book of
Grade K Boundaries with Kids
Raising Your Spirited Child
Workbook The Gritty Little

Lamb Peaceful Parent, Happy Kids Workbook

55 activities to help your family: reduce stress, fear & worry, become more confident, relaxed & resilient, manage difficult emotions. Help your child identify, understand, and take control of their feelings with the kid-friendly cognitive behavioral therapy and self-regulation exercises in this easy-to-use workbook. When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. That's where this

book comes in. In this evidence-based workbook, the reader follows the journey of a child just like them—who experiences all kinds of emotions and thoughts and learns how to take control of them. The Self-Regulation Workbook for Kids allows kids to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT-based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed. Discusses the creation of healthy boundaries

and reinforced consequences to help children develop a sense of accountability for their own lives. In this book with rhyming text, a lamb's parents educate him about the value of practice, perseverance, and attitude to achieve his goal which, for right now, is beating dad at a game. "A sensitive and empowering exploration of identity and expression that both educates and celebrates." —School Library Journal The Gender Identity Workbook for Kids offers fun, age-appropriate activities to help your child explore their identity and discover unique ways to navigate gender expression at home, in school, and with friends. Transgender and

gender-nonconforming (TGNC) children need validation and support on their journey toward self-discovery.

Unfortunately, due to stigma and misinformation, these kids can be especially vulnerable to bullying, discrimination, and even mental health issues such as anxiety or depression. The good news is that there are steps you can take to empower your child as they explore, understand, and affirm their gender identity. This important workbook will guide you both. In this guide, a licensed clinical social worker who specializes in gender-nonconforming youth offers real tools to help your child thrive in all aspects of life. You and your child will

discover a more expansive way of understanding gender; gain insight into gender diverse thoughts, feelings, and experiences; and find engaging activities with fun titles such as, “Apple, Oranges, and Fruit Bowls” and “Pronoun Town” to help your child to explore their own unique identity in a way that is age-appropriate and validating. No child experiences gender in a vacuum, and children don’t just transition—families do. Let this workbook guide you and your child on this important journey in their lives. Easy Cursive Handwriting Workbook This workbook is divided into the following parts: Part 1: Learning the Cursive Alphabet:

Trace and practice letters a-z and A-Z Part 2: Writing two letter words: Connecting lowercase cursive letters a-z Part 3: Writing three letter words: Connecting lowercase cursive letters a-z Part 4: Writing four letter words Connecting Simple and interesting words a-z Part 5: Writing simple words starting with a Capital letter: Connecting uppercase cursive letters A-Z Part 6: Writing Numbers and Number Words 1-10 Learn and practice writing numbers and words 1-10 Part 7: Writing simple sentences Connecting words to form an entire sentence. Kids can use a pencil, light color marker or highlighter to trace the dotted

letters and words. New Launch on Sale Under \$10 Take the children in your life on a path to their inner light. "Journey to Me" is a 21-day adventure that inspires children of all ages to develop a regular mindfulness practice. Along the way, kids and grown-ups alike uncover their unique creativity, deep compassion for others, and confident self-expression. Whether the children in your life take this journey on their own or join with grown-ups or classmates, by the end of the workbook, they'll help the world shine a little brighter. Help your gifted child embrace their uniqueness. In this workbook, a therapist offers fun activities and strategies to

help children ages 7 to 12 boost self-confidence, reduce stress and overwhelm, and balance emotions. As a parent, you understand the blessings and the challenges of raising a gifted child more than anyone. Although gifted kids are often seen as intellectually and academically privileged, those same gifts can also create challenges. For example, kids are often quite aware of their differences, and this awareness can negatively impact their sense of self and confidence in the world. This engaging workbook directly addresses the psychological needs of gifted children using a powerful combination of mindfulness, acceptance and

commitment therapy (ACT), and self-compassion strategies. With this workbook, your child will gain a better understanding of their unique gifts and learn essential strategies to help regulate their emotions, manage anxiety, improve mood, and navigate social relationships. Young readers will learn that they are not alone in their experiences, and that much of what others might consider to be different or strange about them is actually quite typical within the context of giftedness. For children, feeling different from others can be difficult. With this workbook, your child will learn that they have an important place in the world,

and that their gifts are something to celebrate. Halloran shares the best play experiences for kids to learn and practice social skills in real places and situations. This rich resource includes reproducible, step-by-step plans for how to play, alternatives to each activity, and debriefing questions to reinforce learning. Empathy-building tools for kids ages 6 to 9 Help young kids discover how to be kind as they develop their empathy skills and learn to handle difficult social situations. Created by a school psychologist, this top choice in empathy books for kids is full of fun exercises that teach kids how to understand and share what other people

are feeling. The activities feature simple instructions so young learners can easily complete them and practice being thoughtful and considerate. This standout among empathy books for kids features: Active learning--Keep kids interested and enjoying themselves as they draw, take quizzes, practice listening skills, and more. A HEART-felt approach--Go beyond other empathy books for kids with exercises that break empathy down into five easy-to-understand concepts: Hearing, Experiencing, Active listening, Reflecting, and Taking action. Fun on every page--Playful language and colorful pictures help kids engage with the

material, making it easier for them to learn. Teach kids to truly care about how other people feel with one of the best empathy books for kids available. Visually compelling puzzles and games engage children in purposeful problem solving and STEM skill development through grit building challenges. Over 150 developmentally appropriate activities are organized by subject and captivate a wide spectrum of learners. -Spatial Reasoning-Math Puzzles-Logic Problems-Word Games-Activities-Two-Player Games Each section has a low floor but high ceiling as puzzles grow in difficulty, inspiring children through early success

which motivates continued engagement. Beautifully illustrated characters from the 2021 Reader's Favorite gold medal winner for best children's animal book, *The Gritty Little Lamb*, deliver personality while also providing inspiration and encouragement in spirited rhyme as kids work through meaningful activities to build essential problem solving and critical thinking skills fundamental to all curriculum. Answers are provided in the back of the book and a certificate of achievement is included that can be presented upon completion. 13 pencil and paper two-player games facilitate the direct application

of acquired skills and provide the foundation for continued fun and growth after the book is finished. Whether you are looking for activities to develop or entertain, *Logic Workbook for Gritty Kids* is unmatched. Comprehensive content is most appropriate for kids ages 6-10 but some puzzles and games are entertaining for older kids and adults making this book a great family value. Educational fun. Playful fun. Developmental fun. Engaging fun. Hard fun. Motivating fun. Enduring fun. Fun fun. Bring fun and adventure back into your child's life. In *The Worry Workbook for Kids*, two respected psychologists offer fun, action-based activities

grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and—most importantly—enjoy being a kid. Today's kids face intense pressures at school, with friends, and in life. But one of the most prevalent causes of worry in children is the fear of the unknown. Whether they are starting at a new school, trying out for a new sport, or going to a sleepover—for many kids who worry, it can be difficult moving from "What if?" to "Why not?" and trying new things. Sound familiar? Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive

behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over. Childhood is a precious time that goes by so quickly, and chronic worrying can take a hefty toll both mentally and physically. Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success. This workbook can help you do just that. In *The ADHD Workbook*

for Kids, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors. A fun and engaging workbook to help kids ages 6-12 build resilience, perseverance, and a growth mindset As a parent, you want to give your child a solid foundation for living a happy, successful life. But if you have a child who is easily sidelined by obstacles, has trouble bouncing back from setbacks, who melts down easily, or gives up quickly when things get tough—you may worry about their ability to succeed in our

competitive, high-pressure world. So, how can you help your child develop grit—a trait that embodies tenacity and self-control? Fortunately, grit can be learned. Written in a kid-friendly tone and grounded in cognitive behavioral therapy (CBT), *The Grit Workbook for Kids* offers a unique approach for learning and practicing the tools, strategies, and skills that make up grit. These activities will help your child: Build stamina Keep perspective Be optimistic Solve problems Cope with change Practice mental flexibility Stick up for themselves Build good relationships And much, much more! Grit is key to helping kids succeed in what they want

or need to do—whether that's getting good grades, making the sports team, or just building an awesome treehouse. By practicing the skills and activities outlined in this accessible workbook—whether on their own or with you—your child will gain powerful tools to help them thrive, well into adulthood. This is a book for those who know the rules of chess and are keen to start winning games. The quickest way to improve your chess is to learn tactics. But not just knowing the themes - you need to get used to using them in real positions. Master tactician John Nunn has thoughtfully crafted a course that gives you

the basic nuggets of knowledge and immediately invites you to start finding tactical ideas for yourself. Chess Tactics Workbook for Kids is the first in a new series of books that help players gain chess skills by tackling hundreds of carefully chosen exercises. The themes are similar to those in Gambit's best-selling 'Chess for Kids' series, but the focus is on getting vital hands-on experience. Many positions build on ones given earlier, showing how advanced ideas are normally made up of simpler ones that we can all grasp. Each chapter introduces a basic theme and features dozens of exercises, with solutions that highlight the key

points. In each chapter there are tips on what to look out for to help spot tactical ideas. As the chapters progress, we increasingly see how tactical ideas are combined together, with ideas from previous sections repeatedly appearing as part of a deadly one-two punch. The book ends with a series of six test papers where you are given no clues about the themes involved. Dr John Nunn is one of the best-respected figures in world chess. He was among the world's leading grandmasters for nearly twenty years and won four gold medals in chess Olympiads. In 2004, 2007 and 2010, Nunn was crowned World Chess Solving

Champion, ahead of many former champions. GRADES PK-1/ESL/SPANISH:With age-appropriate activities, this beginning Spanish workbook helps children build knowledge and skills for a solid foundation in Spanish. INCLUDES: This book features easy-to-follow instructions for lessons on the alphabet, parts of speech, days, months, expressions, and more! Also includes a Spanish-English glossary for total skill mastery. ENGAGING: This spanish workbook for kids combines colorful images with fun, focused activities to entertain and engage children while they grasp important concepts and skills for eventual language fluency. HOMESCHOOL

FRIENDLY: This elementary Spanish workbook for kids is a great learning resource for at home or in the classroom and allows parents to supplement their children's learning in the areas they need it most. WHY CARSON DELLOSA: Founded by two teachers more than 40 years ago, Carson Dellosa believes that education is everywhere and is passionate about making products that inspire life's learning moments. An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students. Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and

compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a greater understanding of what OCD is by identifying common

symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and

your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively. If your child's OCD is holding them back from living the happy childhood you want for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood. Say Goodbye to Being Shy is a book for children who struggle with extreme to occasional shyness. Shyness is a barrier to social and academic development

which can prevent children from reaching their greatest potential. Say Goodbye to Being Shy offers focused activities with clearly stated purposes designed to move children from feelings of shyness to developing competence and skill. Simple, fun activities to help kids: Accept themselves; Be assertive when necessary; Make new friends. Anxiety-busting tools for kids ages 6 to 9 Being young doesn't stop kids from worrying. This anxiety workbook for kids, created by a clinical psychologist, is full of fun exercises designed to help kids learn how to work through feelings of discomfort or worry. Each of the activities features

kid-friendly instructions, helping them understand both what they need to do and how it will help them feel better. This anxiety workbook for kids features: A variety of exercises--Kids will find new ways to soothe child anxiety as they draw, take quizzes, practice breath work, and more. Evidence-based approaches--All of the exercises are rooted in proven anxiety treatment methods, like CBT, ACT, and mindfulness. Fun presentation--Playful language and colorful pictures help kids engage with the material, making it easy for them to learn. Teach kids how to deal with some of their toughest emotions using this anxiety workbook for kids. Help

Your Child Learn Anger Management Skills for a Lifetime. While some children instinctively know how to regulate their emotions, plenty of others lack the skills they need to express their anger in healthy and effective ways. This warm, engaging workbook helps children ages 5-10 develop strong skills for managing their anger through 40 fun activities. From identifying their feelings and challenging negative thinking patterns to practicing healthy coping skills when angry feelings arise, kids will learn to feel calmer and more in control--and to form better relationships with family and friends and ease problems at

school. A bonus section at the end of each chapter encourages kids and their families to practice the skills they've learned for even greater success. Here's what you'll find in the Anger Management Skills Workbook for Kids: SIX ESSENTIAL SKILLS everybody needs to find calm and control. 40 AWESOME ACTIVITIES that help kids develop these important skills. BONUS GAMES AND EXERCISES at the end of each chapter to practice the skills learned with family and friends. This positive, interactive book will help your child calm down, cope, and cool a hot temper with skills that will last them a

lifetime. Twice the Love is a workbook for children who are adjusting to a new blended family. Using the workbook, children are guided through the changes that are brought about when two new families are formed. Twice the Love helps children understand their feelings are normal and that accepting the new family structure is not betraying the former family structure. Ages 7-12, Softcover, 40 pages Other titles available in the Helping Kids Heal Series Saying Goodbye: Memory Book Memories of You: Pet Memory Book Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied Outsmart Test Anxiety: A

Workbook to Help Kids Conquer Test Anxiety Better Days: A Workbook to Help Kids Better Understand and Accept Retention A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events Chill Out: A Workbook to Help Kids Learn to Control Their Anger Mom or Dad's House?: A Workbook to Help Kids Cope with Divorce Broken Promises: When Parents Don't Keep Their Word Cyber Savvy: A Workbook for Kids Who Have Been a Target of Cyberbullying Somebodyness: A Workbook to Help Kids Improve Their Self-Confidence Each workbook in the Helping Kids Heal Series allows children to process their pain through art therapy, self-

reflection, and self-awareness activities. Everybody has things that make them extra special. For you-and millions of other kids across the world-one of those things is ADHD. Though ADHD is very common, your symptoms might make you feel frustrated, alone, or even powerless. The good news is that with the right skills and knowledge, it's possible to become the boss of your ADHD, not the other way around. ADHD isn't in charge of your life-you are! Thriving with ADHD Workbook for Kids will give you new ways to manage your ADHD. With fun activities, you'll gain a better understanding of yourself and your ADHD, learning simple

tools you can start using now to feel more confident and in control. ADHD and ME Get to know your ADHD by understanding what type you have, what your symptoms are, how ADHD can actually be a benefit, and what you need to work on. ADHD isn't the boss of me! From big emotions to boredom to getting organized for school, you'll build tons of super helpful skills for dealing with anger, staying focused, controlling your impulses, and making mindful decisions. ADHD and me in the world Whether you're at home, at school, or hanging out with friends, you'll find action-oriented lessons you can practice in your daily life, such

as creating a morning routine, making a homework chart, and expressing yourself-even when you're upset. Thriving with ADHD With tools for self-regulation and organization, you will be equipped to handle any emotion or obstacle, so you can spend your energy focusing on the fun things in life. Book jacket. Anxiety in children is on the rise, and recent research has uncovered a link between highly imaginative children and anxiety. Using engaging illustrations and fun activities based in cognitive behavioral therapy (CBT), one of the most proven-effective and widely used forms of therapy today, this Instant Help workbook presents a unique approach to

help children harness the power of their imaginations to reduce anxiety and build self-esteem. Millions of children suffer from anxiety, which can be extremely limiting, causing kids to miss school, opt out of activities with friends, and refuse to speak or participate in a variety of situations. Furthermore, children who are diagnosed with anxiety or brought into therapy often feel embarrassed about not being "normal." Focusing on the problem of anxiety can stress kids out and make them feel ashamed. But when the focus is on their strengths and their vivid imaginations, children are empowered to face their anxiety head-on. The Anxiety

Workbook for Kids is a fun and unique workbook grounded in evidence-based CBT and designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this workbook, children will learn that, just as they are capable of envisioning vivid scenarios that fuel their anxiety, they are capable of using their imagination to move away from anxious thoughts and become the boss of their own worries. With engaging CBT-based activities, games,

and illustrations—and with a focus on imagination training and developing skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness—this book will help kids stand up to worry and harness the power of their imagination for good. Help kids grow their executive functioning skills with activities for ages 6 to 9 Executive functioning is the name for the skills we use to pay attention, complete tasks, and remember important things. But that's a lot for a brain to do every day—especially for kids. The Executive Functioning Workbook for Kids helps them train their brain to improve

their memory, flexible thinking, and self-control. Kids will explore 40 hands-on activities to help them conquer executive functioning skills at home, at school, and out in the world. Just for kids--This book is made especially for kids to work on independently so they can see their skills develop and feel accomplished. Insightful activities--Kids will discover exercises that inspire them to work hard and appreciate the strengths and talents they already have. Tools for parents--Grown-ups can get involved, too, with a section of tips and activities that explain how kids learn and how adults can help them succeed. Empower kids to tackle any challenge with the

skills they'll learn in the Executive Functioning Workbook for Kids. The Essential Companion Workbook To The National Bestseller Raising Your Spirited Child, In this companion workbook, Mary Sheedy Kurcinka brings readers into her world-famous workshops, where she offers parents and educators insights, emotional support and proven strategies for dealing with spirited children. The key word that distinguishes spirited children from other children is "more" -- more intense, more persistent, more sensitive and more uncomfortable with change. Through exercises, observations and dialogue from actual groups, Kurcinka helps

readers learn to identify the triggers that lead to tantrums and challenging behaviors. Included are clues to help you identify the little things that can make or break a day tips for profiling your child's temperament and your own cues that indicate intensity is rising successful strategies for reducing and eliminating power struggles By combining the intuition and compassion gained from parenting a spirited child with the wisdom of an expert who has worked with thousands of families, Mary Sheedy Kurcinka helps parents and educators view their unique challenge with perseverance, flexibility, sensitivity, and, most of all,

enjoyment. Clare Walker Leslie shows kids how to experience nature with all five senses, whether they live in the countryside, a major city, or somewhere in between. Guiding children through inspiring activities like sketching wildlife, observing constellations, collecting leaves, keeping a weather journal, and watching bird migrations, The Nature Connection encourages kids to engage with the world outside and promotes a lifelong love of nature. As children complete the exercises in Cool, Calm, and Confident, they will develop the assertiveness skills they need to build self-esteem, stop being bullied or bullying

others, and stand up for themselves in healthy, nonaggressive ways. Reinforce your child's kindergarten skills with the Complete Book of Grade K. With the colorful lessons in this workbook, your young learner will strengthen skills that include colors and shapes, uppercase and lowercase letters, phonics, and counting. --The Complete Book series provides a dynamic way for students in prekindergarten to grade 4 to master essential skills. Each vivid workbook guides students through a variety of engaging activities in phonics, reading comprehension, math, and writing. Challenging concepts are presented in simple

language with easy-to-understand examples, while stickers and full-color illustrations capture students' interest. The Complete Book series is a thorough, comprehensive guide to grade-level success. Presents activities based on cognitive behavioral therapy, play therapy, and art therapy to help children explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Stand up to anxiety and feel cool, calm, and confident. Worrying all the time can stop kids from having fun with friends, hobbies, sports, or school. The CBT Workbook for Kids helps them

get back to doing the things they love. These ideas and activities for children ages 6-10 use proven, up-to-date cognitive behavioral therapy (CBT) strategies to help manage--or even change--worried thoughts and feelings. This CBT workbook is an imaginary toolbox for any anxious child, full of methods to help lower anxiety. First it helps them figure out what's going on in their heads--and then gives them tools to change it. Fun quizzes, drawing challenges, and fill-in-the-blank exercises show them new ways to look at each worry. The CBT Workbook for Kids includes: Helpful skills--Learn techniques for expressing feelings, dealing

with anger, staying focused, and making smart decisions. Bright ideas--Discover everyday calming methods, like creating a morning routine, asking for help, and facing fears a tiny bit at a time. You're not alone-- Each chapter in this CBT workbook has stories about how other kids might experience anxiety, too. The CBT Workbook for Kids helps kids take a deep breath, face their fears--and win! The Anger Management Workbook for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really

matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the Anger Management Workbook for Kids equips kids to take

control of anger, with: A close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids the power to say STOP to anger with the Anger Management Workbook for Kids. Help your little one build communication skills with

the ultimate writing workbook for kids ages 3 to 5. Set kids up to succeed in school with a learn to write for kids guide that teaches them letters, shapes, and numbers—and makes it fun. My First Learn-to-Write Workbook introduces early writers to proper pen control, line tracing, and more with dozens of handwriting exercises that engage their minds and boost their reading

and writing comprehension. This handwriting activity book includes: **COMPREHENSIVE SKILL-BUILDING:** As they explore these exercises, kids will build a strong foundation of reading comprehension, the alphabet, penmanship, and fine motor skills. **75+ PRACTICE PAGES:** Tons of engaging pencil-on-paper activities like connect-the-dots and fill-in-the-

blanks offer enough repetition for real learning but enough variety to keep kids interested. **COLORFUL FUN:** This workbook is full of helpful (and silly) pictures and illustrations that will spark kids' imaginations and get them excited to keep practicing. Get your child on the path to success with an interactive book that helps them master early learning skills.