

The Angry Dragon Childrens Book About A Dragon Who Learns How To Be Patient Picture Books Preschool Books Ages 3 5 Baby Books Kids Book Bedtime Story

Having a pet dragon is very fun! He can sit, roll over, and play... He can candle a birthday cake, lit a campfire, or so many other cool things... But what if your dragon talks a lot and speaks really fast? What if: - he's very active and always run around? - he likes to interrupt when others are talking? - he has hard time concentrating and staying on task? - he's disorganized, forgetful and often loose his things? And more... What if your dragon is diagnosed with ADHD? What if he is worried, scared and wonders what is wrong with him? What should you do? You help him understand ADHD! You teach him ADHD is not a "defect" and with the right attitude and help, it can be his asset! How? Get this book and learn how! Fun, cute, and entertaining with beautiful illustrations, this is a must have book for children, parents and educators to teach kids about ADHD and how to get organized, focus and succeed in life, GET THIS BOOK NOW!

Dragon lovers will jump at the chance to see what raising a friendly dragon just might look like in this hilarious read aloud about a boy and his pet. While dragons may not be the most traditional of pets, the boy explains how his dragon, Sparky, would be the perfect pet and pal. He details tips for how to pick a dragon, what to do when your dragon misbehaves, and what NOT to feed them (broccoli). Clever and wry text paired with bright and comedic illustrations will make Me and My Dragon a storytime favorite for kids and adults alike.

A Dragon Book To Teach Children About Choices and Consequences. A Cute Children Story To Teach Kids Great Lessons About Possible Consequences of Small Actions and How To Make Good Choices.

"Oliver's Tips for Kids" Series 4. Self-Regulation Skills Book "Billy was upset. "How do I get rid of my anger? How?" I told him to imagine inflating a balloon, right now. Billy took a deep breath, until he grew quite fat. And then he exhaled, becoming thin and flat...." If you're a parent, chances are you've witnessed a tantrum or two in your day. You may not be able to prevent your kids from feeling frustrated, sad, or angry, but you can provide the tools they need to cope with these emotions. How Can We Help Kids With Self-Regulation? This book suggests a way to help your child deal with bad feelings. Through cheerful illustrations and rhyming lyrics, your child will learn how to empathize and help those who need help. In this story, anger is not presented as a monster, but a normal emotion which can be controlled. With easy and funny verses, your child will learn how to overcome anger. In this poem, the child suggests to his friend, the mad dragon, to take a deep breath and then slowly, counting to ten, continue to inhale and exhale. The heroes of this story imagine an invisible balloon into which they blow their anger by letting it fly along with the balloon. "Help Your Angry Dragon" is suitable for all ages and is perfect for anyone who works with children. This book has a great message: feeling upset is not a reason for a tantrum. * Helps kids to manage frustration and anger * Helps children learn how to become more resilient * Helps kids deal with negative emotions * A beautiful book an all ways. Great for preschoolers and beginner readers * Explains anger management & frustration * A wonderful story about anger, frustration, and resilience * Cute illustrations with a nice rhyming story * Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

"Oh is Sophie ever angry now!" Everybody gets angry sometimes. For children, anger can be very upsetting. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. In this Caldecott-honor book, kids will see what Sophie does when she gets angry. What do you do?

Having a pet dragon is very fun. But what if your dragon is constantly worrying about so many things This book for children, parents and teachers teaches kids the proper way to think, and deal with worry and anxiety!

Emotions & Feelings Series Book 2 A little Dinosaur gets annoyed easily, sometimes for no reason at all! This fun picture book opens a lot of opportunities to talk about emotions and feelings. Based on self-regulation theory, this is a story that helps to let their feelings out in a healthy way. Children will learn how to breathe through anger and frustration, to be able to think before acting, to be mindful. It's perfect for preschoolers ages 3 to 5, parents, teachers and anyone who works with kids. *Anger is a normal, healthy emotion. *It's OK to feel angry but it's not OK to hit. *How to control your actions when you feel angry *Talk about ways to resolve conflict peacefully Here's what readers are already saying about this amazing kids book: "This is really helpful for toddler. My 2 year old son is having some real issues with anger. " -- Kate "The dinosaur story is so good. It has a perfect lesson for kids" -- Josh "This is a really sweet childrens book. It's perfect for ages 3 to 5. My kids can really relate to the little dinosaur " -- Amy And *Cute illustrations with nice rhyming story *Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this picture book to your cart and ENJOY!

When a little boy is told "no" one too many times, his tantrum transforms him into a giant dragon bent on destruction, but luckily even angry dragons calm down eventually.

This book shows you how to draw dragons in 26 different moods.

What happens when a Dragon doesn't brush his teeth? Well...We all heard about the "dragon's breath". That's why learning proper dental care is really important for a little boy and his friend Dragon Joe. Here's what readers are already saying about this amazing, inspiring story: "This book inspire dental hygiene and encourage kids to brush their teeth while having fun." -- John "This is a really helpful story because I've never met a child who was motivated to brush his teeth" -- Kate "This is just too funny because I keep thinking about this happening with my family. My kids loved the Dragon Joe " -- Liz This is a story about a Dragon that hates brushing his teeth. Going to the dentist is also a huge problem for Joe. He gets in funny situations like he can't smile anymore because his teeth look strange. His breath also smells terrible so can't speak to his friend little boy. Finally, a friend shows him the importance of good hygiene, and they are having fun brushing their teeth. Warning! Cuteness overload, so be ready! This book has a great story and fantastic illustrations that will make you happier or just put a smile on your face. You and your kids will love this book...grab it now while it's still available at this discounted price.

p>Did you know that anger isn't all bad? Teach children to identify their anger signs Anger is a normal, healthy emotion. Teaching your kids to deal with disappointment Solutions that help kids handle their hot feelings in healthier ways It has a great message: "I cannot say enough positive words about this story. Get it, you won't be disappointed!. " - James "A "life lesson" book for ages 3 5 with fun colorful illustrations. Great kindergarten book!" - Heather Explains anger & feelings: " It was a great book! Made my 3 year old laugh!! " - Kathy " It is a nice dragon book for kids to discuss anger and feelings." - Erica And Cute illustrations with nice rhyming story Not too long, grabs childrens attention GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

Do you ever feel angry? What makes you feel that way? Learn what anger is and how to deal with it.

A Cute Children Book to Teach Kids about Anger Management.

Having a pet dragon is very fun. But what do you do if he refuses to poop? Get this book and learn how to potty train your dragon! A must have book for children and parents with potty training. Teach your child how to poop easily everyday. Fun, cute and entertaining with beautiful illustrations, this playful book will make the frustrating toilet training process easy and fun. Get this book now and enjoy!

Why Dragons So Angry? Despite our best efforts, reality doesn't always meet our expectations. There is no need to be upset or mad. * Anger can be a positive emotion when it helps kids work through issues or problems* Help kids learn how to manage their anger in safe and healthy ways* Teach your kids to deal with disappointment * Being angry doesn't make you bad Get this book and learn how to train your angry ! A must have book for children and parents to teach kids about emotions and anger management. Fun, cute and entertaining, this playful book will teach kids how to handle when things don't go their way. Did you know that anger isn't totally bad like we have always been taught?

Children from my observation often experience strong and sudden bursts of emotion. Teaching children how to manage their emotions in a

healthy way is an essential skill they need to have. This will go a long way to affect their growth and behavior in a positive way. I can assuredly tell you that helping your child navigate their emotions can sometimes feel like an enormous challenge, but it doesn't have to be. That is the main reason why I wrote this book. Get this book now and enjoy!

Help Your Dragon Understand Empathy. A Cute Children Story To Teach Kids Empathy, Compassion and Kindness.

A Dragon Book About Autism. A Cute Children Story to Explain the Basics of Autism at a Child's Level.

Did you know that anger isn't totally bad like we have always been taught? Children from my observation often experience strong and sudden bursts of emotion. Teaching children how to manage their emotions in a healthy way is an essential skill they need to have. This will go a long way to affect their growth and behavior in a positive way. I can assuredly tell you that helping your child navigate their emotions can sometimes feel like an enormous challenge, but it doesn't have to be. That is the main reason why I wrote this book. In this self-help book for kids, we talk about anger, self-control, and good manners. We show the kids how they can apply this while playing together and tackling common, everyday challenges. The book offers practical solutions for parents on how to calm and redirect their child's anger, as well as how to help them understand and manage this emotion. Using fun engaging and simple activities, this anger management book for children helps you teach your child how to recognize and cope with anger. While reading together, you will teach your toddler how to manage their anger in a healthy, positive way, and help your child grow confident and self-assured. If you're looking for an activity book for your toddler, preschooler, kindergartner or school-aged child, this cute and positive book helps kids build confidence while inspiring and entertaining them. It's a fun and mess-free way to engage in emotional regulation for children, 5, 6, 7, 8, 9, and 10 years old. Children often experience strong and sudden bursts of emotion. Learning to manage their emotions in a healthy way is essential for their social development and for their well-being. Helping your child explore his or her emotions can seem like a huge challenge. From here comes: "I Am Angry" In this self-help book for kids, Timon is a child who is always angry and unable to control his character whenever things go wrong. His parents are tired of his attitude and come up with ways to channel his anger or emotions in different ways, like doing better in class, doing chores in record time, and so on. Whenever Timon does something correct and correctly checks his anger, he receives a gift. But he must also understand why he was getting angry and how to overcome it. The book offers practical solutions for parents on how to calm and redirect their children's anger, as well as on how to help them understand and manage this emotion. Self-regulation and tolerance are essential social skills and will improve the emotional health of the child. This book on anger management for children helps you teach your child how to recognize and deal with anger.

The Angry Dragon

View more details of this book at www.walkerbooks.com.au

Having a pet dragon is very fun. But what do you do if he get angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Get this book and learn how to train your angry dragon! A must have book for children and parents to teach kids about emotions and anger management. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way. Get this book now and enjoy!

It has a great message: "I cannot say enough positive words about this story. Get it, you won't be disappointed!". - James "A "life lesson" book for ages 3 5 with fun colorful illustrations. Great kindergarten book!" - Heather Explains anger & feelings: " It was a great book! Made my 3 year old laugh!! " - Kathy " It is a nice book for kids to discuss anger and feelings." - Erica And Cute illustrations with nice rhyming story Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

PlotWrinkles is an adorable and well balanced elephant, and Flappy is a cute and energetic dragon who live together in wondrous world, filled with mysteries. They are special in their own way and they have super-powers. When the alarm gets triggered, Wrinkles and Flappy get separated, and their mission is in jeopardy. In this book, you will learn the two secretes that brought them back together, and helped them accomplish their mission. Of course that behind the events and characters of the story there is a significance. Why this book? Children's brains are developing and during this time, they learn everything, including how to deal with emotions. Learning and growth, can only happen once the need for safety is fulfilled Big emotions that arise everyday are not a palpable thing, but they are perceived and felt as a very real threat. This is why kids need help in learning how to deal with 'big emotional situations' How can this book help? It is easier for children to create coping strategies, when they have some practical things to represent abstract notions. Lyrics help children remember to 'tell the story' so that they learn to process events and emotions.

Here's the Perfect Book to Help Kids Ages 3-5 Manage Their Anger! Your Children Will Learn How to Deal with Their Emotions in a Fun Way! Are you looking for a book that will help your kids manage their emotions better, pick up essential social skills and recognize anger in a healthy and positive way? Anger is one of the most difficult emotions for children to manage. More often than not, a book is the best way if you want to teach kids how to handle their emotions and manage anger. This book is a practical guide for parents who want their kids to have better emotional health. Here's what you get in this book: Effective strategies that will help your child regulate their emotions and manage anger in a healthy way A fun and an educational story with original drawings and creative design, perfectly suited for toddlers Tips and tricks to teach children better anger management skills and emotional self-regulation 3 anger management strategies to help parents prevent and manage their kids' emotional outbursts AND SO MUCH MORE! This fun picture book will become your best friend as you teach your kids emotion control and anger management! So Scroll up, Click on 'Buy Now', and Get Your Copy!

Train Your Dragon To Be Respectful. A Cute Children Story To Teach Kids About Manners, Respect and How To Behave.

Self-Regulation Skills Series 6 Life doesn't always go as planned. Sometimes we fail and feel frustrated. * Frustration itself is normal-and in fact necessary to learn and grow * Help children learn how to become more resilient * Help kids develop coping strategies to manage frustration and anger * Feeling upset is not a reason to give up It has a great message: "Love the illustrations in this children's book. I read this to my grandchildren (ages 3 5). " - Anne "A beautiful book an all ways. Great for preschoolers!" - Ashley Explains anger management & frustration: "Love this kids book! Read it to my 3 yo daughter a few times and she liked it a lot!" - Lizzie "A wonderful story about anger, frustration, and resilience. Both of my sons adored it!" - Kathryn And * Cute illustrations with a nice rhyming story * Not too long, grabs kid's attention GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

Why dragons are yelling, slamming doors and having tantrums? Despite our best efforts, reality doesn't always meet our expectations. There is no need to be upset or mad. Here's what readers are already saying about this amazing picture book: "My kids loved this book and wanted to read it often." -- Tony "Favorite anger book for children at my home daycare. There's something about dragons that hits a sweet spot for many kids." -- Mary "This is the best book for the ever-shifting moods of preschool kids. " -- Sam Ben has a pet dragon called Gronk. Dragon always gets angry when he doesn't get what he wants, or when things don't go his way. Gronk experiences the things that make him furious, but he also learns ways to deal with the anger

Emotions & Feelings Series Book 7 The Dragon Won't Stop Talking For 5 Minutes? Teach children the value of respecting others by listening and waiting for their turn to speak. Here's what readers are already saying about this amazing picture book: "I really enjoyed this book. I think that there are not many books that address the non-stop talking issue.» -- Megan "My kids enjoyed the dragon who can't stop interrupting others." -- Barbara "Perfect for kindergarten and probably preschool to teach about too much talking" -- Mandy Dragon thinks everyone likes to hear him talk, making his friends frustrated by his lack of self-control. After not listening to his dad's advice, he eats a lot of ice cream, and catches a cold/sore throat. This gives Dragon a chance to listen to friends, and realize what it takes to be a good listener, and a friend. Warning: Cuteness Overload! This childrens book contains illustrations of a cute dragon. Lots of them. Enjoy these little sweeties, perfect alongside beautiful rhymes. You and your kids will love this book for ages 3 5...grab it now while it's still available at this discounted price.

Children often experience strong and sudden bursts of emotion. Learning how to manage their emotions in a healthy way is essential for their social development as well as their own wellbeing. Helping your child navigate their emotions can feel like an enormous challenge, but it doesn't have to be: "Two Monsters and Me" is here to help! In this self-help book for kids, Milo and two friendly monsters learn about anger, self-control, and manners while playing together and tackling common, everyday challenges. The book offers practical solutions for parents on how to calm and redirect their child's anger, as well as how to help them understand and manage this emotion. Self-regulation and tolerance are essential social skills and will improve your child's emotional health. Using fun and simple activities, this anger management picture book for children helps you teach your child how to recognize and cope with anger. While reading together, you will teach your toddler how to manage their anger in a healthy, positive way, and help your child grow confident and self-assured. Why is "Two Monsters and Me" a perfect choice for kids aged 4 to 8?

Read this creative children's book on emotions and feelings Read this Dragon Book for children on emotions and feelings What are you feeling, Dragon? - Kids Picture book on feelings & emotions (children's book about feelings) (kids ages 3-6) Are you are looking for a book to talk to your child about dealing with a strong feeling such as anger? Then, this feelings book might work for you. This picture book encourages children to talk about their own emotions, moods and feelings. This is a cute book with full length illustrations about a magical dragon. His color changes to reflect his mood. If he is happy, he turns green. If he's feeling shy, he looks pink. He turns purple when he's angry and yellow when he's sad. The rhyming text makes for a smooth read: Sheepish dragon, don't be shy. Sad dragon, please don't cry... Angry dragon, calm down, count till five!" If your child likes dragons, then this book will make talking about feelings an easy task! You could use this book to talk to your child about strong emotions like sadness, sulking etc. On each page, the magical dragon is depicted in a different color. So you could associate a color to an emotion to help your child deal with their own feelings in a new and different way. This book is ideal for reading aloud to your child. Beginning readers will enjoy reading the simple sentence on each page. The highlights of this wonderful concept book for children are: Cheerful full length illustrations Simple sentences Talking about children's feelings Associating a color to an emotion Learn what animals like to eat Beginning readers can practice their reading skills too. Recommended for children (ages 2-6) years There is a FREE bonus section at the end: Read the bonus guessing game at the end of the book: Guess what Teddy is feeling. There are Questions sprinkled on each page. These pages can be a guide to discuss various situations with your child. If this sounds like something you would like your child to read, scroll up to download your copy. About the Author/Illustrator Sujatha Lalgudi is a Best selling children's book author and illustrator. Some of her bestsellers in Childrens Books are: Jojo's Stinky day Ben and Gwen play the game of Opposites Finger counting fun Shall we play with shapes Alphabet's day out Where are the baby's eyes? Where is the Turkey? Where is Santa? These fiction books introduce children concepts like Numbers, Counting, Opposites, shapes, alphabets. Read these books for more fun and games for children to learn through play!

Billy Bixbee's mother won't admit that dragons exist until it is nearly too late.

Emotions & Feelings Series Book 5 This is a book about a bad dragon. A really baaaaaaad dragon.? Here's what readers are already saying about this amazing picture book: "I'm glad I finally picked this one up. It's entertaining, and my kids enjoyed it a lot." -- Susan "Sweet, silly, and touching story!" -- Alice "Such a cute book! I loved it!" -- Caroline The Dragon was very bad. He didn't listen, and he lied. It wasn't until he has met a new friend who acted exactly like him. Dragon thought his friend was so rude, and couldn't believe that he was doing the same thing. He also learned that being

"good" was a choice. Warning: Cuteness Overload! This childrens book contains illustrations of a cute dragon. Lots of them. Enjoy these little sweeties, perfect alongside beautiful rhymes. You and your kids will love this book for ages 3 5...grab it now while it's still available at this discounted price.

A Dragon Book About Grief and Loss. A Cute Children Story To Help Kids Understand The Loss Of A Loved One, and How To Get Through Difficult Time.

Self-Regulation Skills Series 1 Kids feel emotions in big ways! Here's a great story for helping kids manage their feelings. This fun picture book opens a lot of opportunities to talk about emotions and feelings. Based on self-regulation theory, this is a story that helps to let their feelings out in a healthy way. Children will learn how to breathe through anger and frustration, to be able to think before acting, to be mindful. It's perfect for preschoolers ages 3 to 5, parents, teachers and anyone who works with kids. * Help children learn to identify and regulate their emotions * Anger is a normal, healthy emotion. * Behaving badly doesn't make you bad * Teaching your kids to deal with disappointment * Learn to tame your temper * Teaching kids about empathy, kindness, and compassion It has a great message: "This is a sweet little book. My 4 year old quotes it now when he starts getting cranky. " - Julia "We like this book! IT's fun, and my girls like me to read it to them every night before bed" - Liz Explains empathy & kindness: "I got this book for my grandson. The pictures are colorful and the story teaches about patience. Book is perfect for the 3-5 -year old." - Kathy "Cute story, emphasizes empathy & kindness. My kids loved it!" - Carol And * Cute illustrations with nice rhyming story * Not too long, grabs kid's attention * Print version includes COLORING PAGES GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

The International Bestseller, *Updated version Audible special offer: get a free audiobook with Audible trial Emotions & Feelings Series Book 3 Why Dragons So Angry? Despite our best efforts, reality doesn't always meet our expectations. There is no need to be upset or mad. Here's what readers are already saying about this amazing picture book: "A must for any quick-to-tantrum kids" -- Kim "This is a good starting point to chat to very young kids about emotions" -- Jacob "This is the best dragon book for the ever-shifting moods of preschool kids. " -- Sam George has a pet dragon called Joe. Joe always gets angry when he doesn't get what he wants, or when things don't go his way. Little boy tries to show his friend, that being angry is not normal. In the end, Dragon understands that treating others with kindness is the best way to go. Warning: Cuteness Overload! This children book contains illustrations of a cute dragon. Lots of them. Enjoy these little sweeties, perfect alongside beautiful rhymes. You and your kids will love this book for ages 3 5...grab it now while it's still available at this discounted price.

The International Bestseller, *Updated version Why Dragons So Angry? Despite our best efforts, reality doesn't always meet our expectations. There is no need to be upset or mad. Here's what readers are already saying about this amazing picture book: "A must for any quick-to-tantrum kids" -- Kim "This is a good starting point to chat to a very young child about emotions" -- Jacob "This is the best book for the ever-shifting moods of preschool kids. " -- Sam George has a pet dragon called Joe. Joe always gets angry when he doesn't get what he wants, or when things don't go his way. Little boy tries to show his friend, that being angry is not normal. In the end, Dragon understands that treating others with kindness is the best way to go. Warning: Cuteness Overload!This childrens book contains illustrations of a cute dragon. Lots of them. Enjoy these little sweeties, perfect alongside beautiful rhymes. You and your kids will love this book for ages 3 5...grab it now while it's still available at this discounted price. Did you know that anger isn't totally bad like we have always been taught? Children from my observation often experience strong and sudden bursts of emotion. Teaching children how to manage their emotions in a healthy way is an essential skill they need to have. This will go a long way to affect their growth and behavior in a positive way.I can assuredly tell you that helping your child navigate their emotions can sometimes feel like an enormous challenge, but it doesn't have to be. That is the main reason why I wrote this book.In this self-help book for kids, we talk about anger, self-control, and good manners. We show the kids how they can apply this while playing together and tackling common, everyday challenges.The book offers practical solutions for parents on how to calm and redirect their child's anger, as well as how to help them understand and manage this emotion.Using fun engaging and simple activities, this anger management book for children helps you teach your child how to recognize and cope with anger.While reading together, you will teach your toddler how to manage their anger in a healthy, positive way, and help your child grow confident and self-assured.If you're looking for an activity book for your toddler, preschooler, kindergartner or school-aged child, this cute and positive book helps kids build confidence while inspiring and entertaining them. It's a fun and mess-free way to engage in emotional regulation for children, 5, 6, 7,8,9, and 10 years old.Help Children Better Cope with Anger Issues, And Lead Them To A Brighter Future.Children often experience strong and sudden bursts of emotion. Learning to manage their emotions in a healthy way is essential for their social development and for their well-being. Helping your child explore their emotions can seem like a huge challenge. From here comes: "I Am Angry" "BOOK 1" In this self-help book for kids, Timon is a child who is always angry and unable to control his character whenever things go wrong. His parents are tired of his attitude and come up with ways to channel his anger or emotions in different ways, like doing better in class, doing chores in record time, and so on. Whenever Timon does something correct and correctly checks his anger, he receives a gift. But he also needs to understand why he is getting angry. "BOOK 2" Timon and Anna are 2 best-friends in class. Timon is a lively child with a lot of potential, but he is always angry and that makes Anna very angry with his attitude. Anna's parents are extremely tired of her attitude, and constant ranting and tantrums and following a talk with Timon's parents, they come up with ways and means to control and properly channel Anna's anger. Together with Timon, Anna slowly starts to tune up her attitude, and help Timon with his anger problems as well. The book offers practical solutions for parents on how to calm and redirect their children's anger, as well as on how to help them understand and manage this emotion. Self-regulation and tolerance are essential social skills and will improve the emotional health of the child. This book on anger management for children helps you teach your child how to recognize and deal with anger.

One cold rainy day when my father was a little boy, he met an old alley cat on his street. The cat was very drippy and uncomfortable so my father said, "Wouldn't you like to come home with me?" This surprised the cat—she had never before met anyone who cared about old alley cats—but she said, "I'd be very much obliged if I could sit by a warm furnace, and perhaps have a saucer of milk."

I have recently become passionate about using age-appropriate ways to teach young children mindfulness as a way for children to have some inner peace and inner safety despite their outer life circumstances. Mindfulness, put simply, is awareness in the present moment (noticing thoughts, feelings, bodily sensations, feelings, and the surrounding environment in the moment instead of getting caught up in the thoughts and worries of past and future). Although many people are familiar with this being very helpful

for adults, this is also an excellent skill for children to learn too! Awareness is the foundation to all life experiences and skills. When children increase their awareness in the present moment, they can increase attentive skills, better regulate their feelings, make safe choices, and notice and attend others' feelings. When children notice others' feelings, beautiful things like empathy, kindness, compassion, forgiveness, and appropriate assertiveness skills can begin to grow. Just think of a world where children could grow to carry around an awareness of their own inner peace and thus act in peaceful ways in a world that is sometimes anything but peaceful. That is a world I would want to live in and a world I would want to give to future generations.

Self-Regulation Skills Series 14 Decisions Can Be HARD! Here's a great story for helping kids manage their emotions and anger. This fun picture book opens a lot of opportunities to talk about emotions and feelings. Based on self-regulation theory, this is a story that helps to let their feelings out in a healthy way. Children will learn how to breathe through anger and frustration, to be able to think before acting, to be mindful. It's perfect for preschoolers ages 3 to 5, parents, teachers and anyone who works with kids. * Teaching kids how to make good choices * Every choice (good or bad) comes with consequences * Helps children with decision-making process * Learn how to behave, tolerate frustration, adapt to change * Teaching kids about empathy, kindness, and compassion It has a great message: "Excellent for sharing and encouraging discussion... Very good teaching tool for kids ages 3-5 and adults. " - Kelly "Love this book! We've only read it one time, but it has already helped my kids see things a little differently." - Taylor Explains choices & consequences: "The book flows really well, rhymes and paces just right. The illustrations are beautiful too. " - Emily "My 5 year old son's behavior changed immediately!" - Anne And * Cute illustrations with nice rhyming story * Not too long, grabs kid's attention * Print version includes COLORING PAGES * Perfect for preschool, pre-k, and kindergarten GET IT NOW and get the ebook for FREE!! Add this amazing kids book to your cart and ENJOY!

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