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Stress Free Kids Curriculum Teacher Kit: Stress Management Lesson Plans Reduce Anxiety, Stress, Anger, Worry, Increase Self-Esteem

By Lori Lite

Stress Free Kids Llc, United Kingdom, 2011. Paperback. Book Condition: New. Teachers Guide. 300 x 272 mm. Language: English . Brand New Book. No prior teaching or stress management experience is needed! This turnkey curriculum incorporates 4 research-based stress management techniques, stories, songs, movement, music, and worksheets. The characters in the stories show children how to manage stress, anger, worry, anxiety, and fear while increasing their self-esteem. Each lesson is designed to introduce practical solutions to daily living. This fun and interactive format makes stress management teachable for teachers, youth leaders, guidance counselors, therapists, yoga instructors, homeschoolers, and parents. Curriculum Includes: Indigo Dreams CD, Indigo Ocean Dreams: (2 full hours including 8 stories/30 minutes of music) 6 Paperback books: Angry Octopus, Sea Otter Cove, Bubble Riding, Affirmation Weaver, A Boy and a Turtle, and The Goodnight Caterpillar Lesson plans/Sample conversations Worksheets for each story/lesson Songs and movement activities Certificate of Completion for each lesson.



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Reviews

Very useful to all class of individuals. It is amongst the most awesome publication i actually have read through. You will like just how the blogger create this pdf.

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This publication could be worth a read through, and far better than other. This is certainly for all those who statte there was not a worth reading through. You may like just how the author compose this publication.

-- Dr. Kayley Kovacek PhD

Other eBooks



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Klara is a little different from the other cows, because she has a very special...



Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)

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I30 Media Corporation, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In 30 minutes, learn how to unlock the secrets of your iPhone 6, iPhone 6S, or iPhone 6/6S...



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Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...