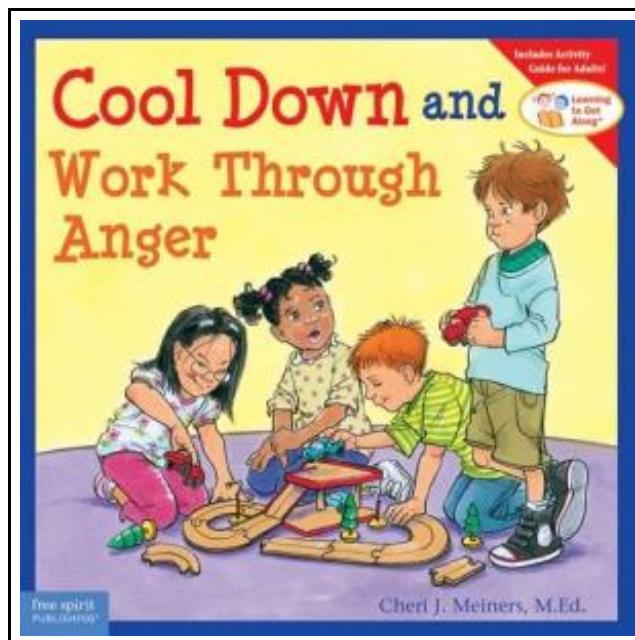


## Cool Down and Work Through Anger



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Free Spirit Publishing Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, Cool Down and Work Through Anger, Cheri J. Meiners, Meredith Johnson, Praised by parents, embraced by educators, the "Free Spirit Learning to Get Along" series presents social stories that help young children learn to behave responsibly and respectfully toward themselves and others. Simple words and supporting illustrations model behaviour and promote competence and self-confidence. Each book includes a special section for adults, with discussion questions, games, activities, and tips that reinforce the skills and ideas being taught. Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry - but not okay to hurt anyone with actions or words. They discover concrete skills for working through anger: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary-age children see that when they cool down and work through anger, they can feel peaceful again. The series contains real-life situations and exemplifies diversity. It provides specific anger management skills to promote lifelong social and emotional health. It supports all 10 Domain Elements in the Head Start Child Outcomes Framework Domains of "Language Development," "Social and Emotional Development," and "Approaches to Learning". It is a resource for teachers, children, special needs children, families, and childcare providers.

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