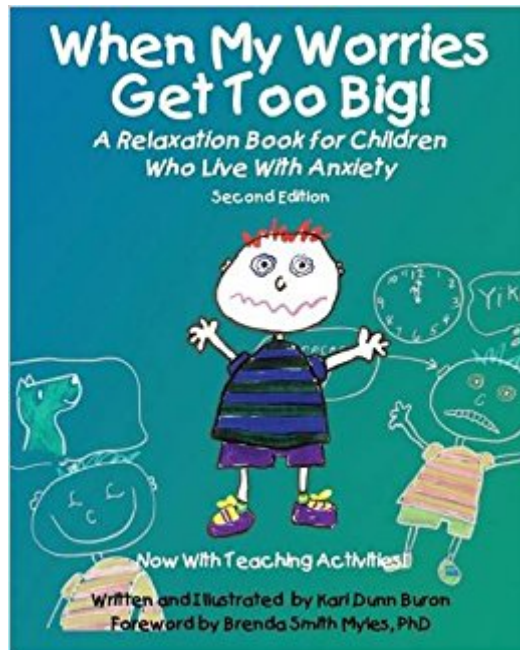




The book was found

When My Worries Get Too Big!



Synopsis

Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such stress can lead to a loss of control, resulting in aggressive behavior, such as screaming, throwing things or even hurting someone. Prolonged anxiety can also seriously impact success in academic achievement and cause children to avoid social and extracurricular activities. Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!

Book Information

Paperback: 55 pages

Publisher: AAPC Publishing; 2nd edition (July 8, 2013)

Language: English

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Product Dimensions: 0.2 x 7.8 x 9.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 43 customer reviews

Best Sellers Rank: #10,613 in Books (See Top 100 in Books) #3 in [Books > Children's Books > Growing Up & Facts of Life > Health > Physical Disabilities](#) #3 in [Books > Education & Teaching > Schools & Teaching > Special Education > Behavioral Disorders](#) #30 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Special Needs](#)

Customer Reviews

Kari Dunn Buron taught in K-12 with students on the autism spectrum for 30+ years. She developed an Autism Spectrum Disorders Certificate program for educators at Hamline University in St. Paul, MN and has done volunteer work specific to autism in Trinidad, Tobago, Barbados, Tanzania and Ghana. In 2003, Kari received a Self-designed Bush Leadership Fellowship that allowed her to spend a year interviewing and working internationally with a number of scientists and researchers in

the area of Social Cognition, Education and Autism with a focus on challenging behaviors.

Using with primary males with autism who find talking about feelings difficult. Would be nice if they left blanks for kids and teachers to write their specific concerns. My 3 students enjoy rereading and draw different pictures each time, except for the one who hates to draw. He will talk about feelings, however, a huge change.

The lessons look great and are written in a way which can be understood by children.

My anxious 6 year old loves this book and has picked it up time and time again to reread and complete some of the exercises. It is very relatable and easy to follow and apply, even for the very young. Illustrations are nice, font is big. Exceeded my expectations.

Excellent for childhood anxieties. Our child is on the autism spectrum and this has been perfect for her.

Kid-friendly language with excellent coping strategies applicable to adults as well as preschoolers.

Helpful

Helpful book for younger children that you can refer to when your child is upset.

This book has been very helpful for my son and my family! My husband and I both read it and both think that it has helped us!

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Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Worries of the Heart: Widows, Family, and Community in Kenya Pest Control Business: The End Money Worries Business Book: Secrets to Starting, Financing, Marketing and Making Massive Money Right Now! Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) Travel the World Without Worries: An Inspirational Guide To Budget Travel Bodybuilding Nutrition: Train Big, Eat Big, Get Big: 13 Nutrition Rules You Must Obey to Boost Muscle Growth, Volume 1 Big Nate Triple Play Box Set: Big Nate: In a Class by Himself, Big Nate Strikes Again, Big Nate on a Roll You Can Do the Impossible, Tool: How One Man Overcame Tourette's Syndrome To Become an Acclaimed Professional Magician and How You, Too, Can Live Your Biggest, Boldest Life Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life TOO HARD, TOO THICK

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