



The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help)

Lawrence Shapiro PhD, Robin Sprague

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Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. **The Relaxation & Stress Reduction Workbook for Kids**, written by two child therapists, offers more than fifty activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy.

You'll learn proven relaxation techniques, including deep breathing, guided imagery, mindfulness, and yoga, and then receive guidance for teaching them to your child. Your child will also discover how taking time to do art and creative projects can create a sense of fulfillment and calm. By completing just one ten-minute activity from this workbook each day, you'll make relaxation a family habit that will stay with both you and your child for a lifetime.

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