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The Kids' Guide To Staying Awesome And In Control: Simple Stuff To Help Children Regulate Their Emotions And Senses



Synopsis

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (29 customer reviews)

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Age Range: 8 - 11 years

Grade Level: 3 - 6

Customer Reviews

I was looking for a book to help my kids find ways to be able to handle their emotions and calm themselves when needed. I had heard good things about this book from friends, and I have been pleased so far. The book is laid out in two parts, a kid section and adult section. The kids's section is very easy to read, with drawings to go along with the explanations of the "body breaks" (the physical techniques suggested to bring the body back to feeling "just right").

The author explains how to label feelings, and which techniques work best for each feeling (âfast and wigglyâ â, âfast and emotionalâ â, and âslow and tiredâ â). The kids love the drawings and the explanations for each feeling. Some activities are smaller and can be done anywhere (like giving yourself a hug, bubble breath, palm push, etc.). The others involve larger movements (crab walk, wall push), and some are for kids who like tactile things, such as using cushions or manipulatives). There is a nice mix of options, which would work for different temperaments and needs. The adult section is fairly short and discusses tips for parents and has a more scientific section explaining the major sensory systems of the body. There are checklists and activities to use with kids, either in a home or classroom setting (which is great for both homeschooling parents and teachers). Both my 5 year old and 9 year can understand what to do and have enjoyed reading the book. My younger child gets easily frustrated at times, and this book has been helpful for him. We label how he is feeling, and without my prompting, he has sat down with the book and looked over the pictures and decided which technique he wants to use.

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