



How to be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate Their Emotions and Senses

By Lauren Brukner, Anthony Phillips-Smith

Jessica Kingsley Publishers. Hardback. Book Condition: new. BRAND NEW, How to be a Superhero Called Self-Control!: Super Powers to Help Younger Children to Regulate Their Emotions and Senses, Lauren Brukner, Anthony Phillips-Smith, Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopyable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.



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[5.26 MB]

Reviews

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- **Lonzo Wilderman**

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

-- **Prof. Ophelia Wiegand I**