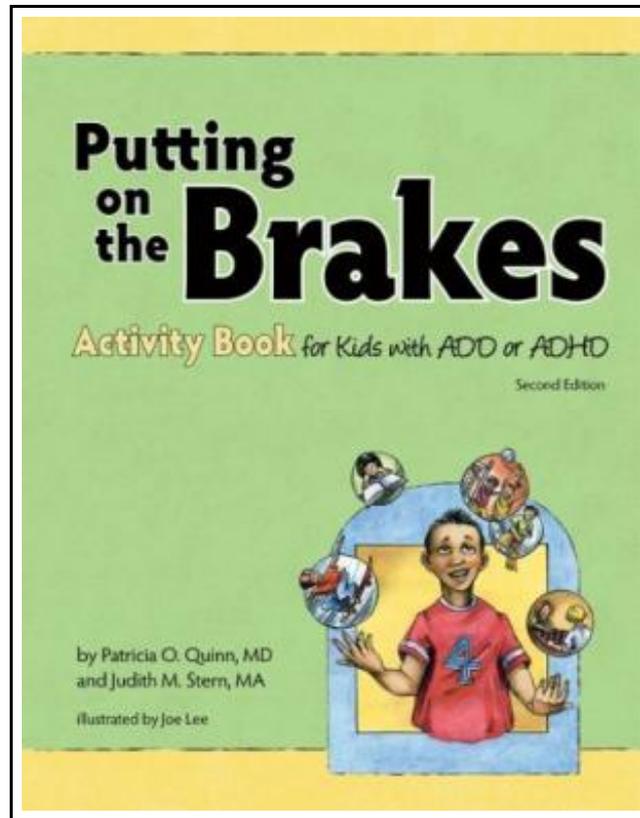


Putting on the Brakes Activity Book for Kids with Add or ADHD



Filesize: 4.47 MB

Reviews

Great e book and beneficial one. It is amongst the most awesome pdf i actually have read through. You wont feel monotony at at any time of your own time (that's what catalogs are for relating to if you request me).

(Dorothy Daugherty)

PUTTING ON THE BRAKES ACTIVITY BOOK FOR KIDS WITH ADD OR ADHD



Magination Press. Paperback. Book Condition: New. Joe Lee (illustrator). Paperback. 96 pages. Dimensions: 10.8in. x 8.4in. x 0.3in. Putting on the Brakes Activity Book for Kids with ADD or ADHD is an expanded and updated edition of APAs classic, best-selling workbook. The activities are comprehensive and cover practically every area in a kids life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organizing, taking medication, doing things step-by-step); behavior and emotion control regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside green space, etc.); and, self-awareness self-esteem (strengths and weaknesses, making friends, etc.). All of this information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. New activities include Exercise Can Be Fun!, Your Exercise Log, Finding Your Green Space, Recognizing Angers Warning Signs, Avoiding What Makes You Angry, Organizing Your Writing, and Practice Outlining. Exercises from the original book have been updated to reflect new technological advancements (i. e. , computers PDAs). This book is packed with useful and empowering lessons skills kids can apply to and implement in their daily lives. It shows kids all of the ways they can take control of their ADHD - the Activity Book teaches them that they have choices that can immensely improve their everyday life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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