

Dealing With Stress (gr. K-6)

Summary

To give children concrete strategies for managing their stress. By relating the strategies to cat behavior, it helps children to easily remember the management techniques.

Life Skills

Thinking & Reasoning

Materials

Book;;"Cool Cats Calm Kids: Relaxation and Stress Management for Young People" by Mary L. Williams. ISBN: 0-915166-94-1, Impact Publishers.

Authors

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