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## Self-Calming Cards

By Elizabeth Crary

Parenting Press. Paperback. Book Condition: New. Paperback. Dimensions: 5.6in. x 3.7in. x 0.6in. A practical English and Spanish therapy product and a fun way to teach kids what to do when they're angry, anxious or frustrated. How about the mad dance Or stringing beads Or breathing in calmness Or looking at an aquarium. These are just a few of the dozens of self-calming strategies explained in this card deck. Each of the 24 illustrated cards describes how you can soothe yourself with a different method: physical, auditory/verbal, visual, creative, self-nurturer and humor. Another 16 cards provide step-by-step instructions for games and activities to use with the calming cards. Written by Elizabeth Crary in both English and Spanish, these cards and the accompanying instruction sheet explain how therapists, teachers, and parents can introduce the cards and the concept of self-calming. The materials also discuss how adults can model the use of such self-soothing techniques as taking a warm bath, making a joke to defuse a situation or singing a silly song. Each calming method includes suggested activities for a range of ages, from toddler to adult. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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