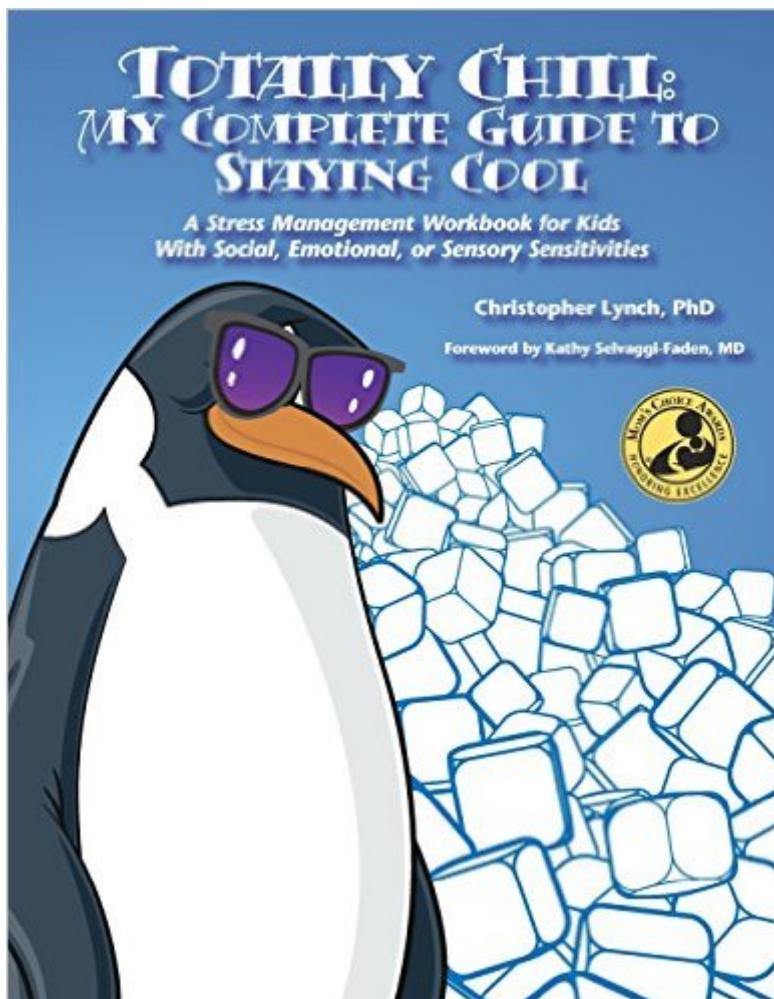


The book was found

Totally Chill: My Complete Guide To Staying Cool A Stress Management Workbook For Kids With Social, Emotional, Or Sensory Sensitivities



Synopsis

When parenting, teaching and working with children who have social, emotional, and/or sensory sensitivities, we often put the emphasis on learning new skills. Countless hours are spent working on social skills, fine- and gross-motor skills, language skills, and academic skills, but stress management skills are often left unaddressed. This is unfortunate, as stress can create a multitude of challenges for learning and daily living. In other words, it can create barriers to the very things we are trying to teach. Besides, it can cause distress, which can lead to meltdowns and behavioral outbursts. In short, it is crucial that children learn and develop skills to help them to manage their stress as independently as possible. *Totally Chill: The Complete Guide to Staying Cool* is a stress management workbook that is meant to be read, completed, and used as much as possible by children themselves. Its fun graphics and interactive style make it ideal for children grades 3 through middle school. Everyone feels stress adults and children alike. It's part of life. But life can be a lot easier when we learn new skills and ideas to help us handle the stress in our lives.

Book Information

Paperback: 135 pages

Publisher: AAPC Publishing; 1st edition (May 30, 2012)

Language: English

ISBN-10: 193747304X

ISBN-13: 978-1937473044

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #280,225 in Books (See Top 100 in Books) #83 inÂ Books > Parenting & Relationships > Family Relationships > Grandparenting #362 inÂ Books > Parenting & Relationships > Special Needs > Disabilities #779 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

Customer Reviews

TOTALLY CHILL is a great new workbook to use with children with emotional, sensory or sensory sensitivities! I just finished reading it and can not wait to start using it! Learning to manage stress independently is an absolutely vital skill for children with sensitivities to attain. Often overlooked, stress management skills, or the ability to manage stress effectively, are not regularly included in the instruction these children receive. Finally, TOTALLY CHILL recognizes this need and provides

an easy-to-use resource for teaching these crucial stress management skills. I love the way the author, Christopher Lynch, uses a very logical, straightforward approach to the instruction. He created a fun way for kids to learn about stress that also appeals to their concrete ways of thinking. Because I am so excited about this entire book---all 10 chapters---it is difficult to pick out a few highlights. Here are a few favorites so far:^{*} Chapter 2 breaks down the Science of Stress and creatively teaches kids about stress. This chapter empowers kids by helping them understand what is happening in their bodies during a stress response---for example, there is a wonderful explanation of the Sympathetic and Parasympathetic Nervous System. I'm most impressed with the factual approach here--especially the emphasis on stress as a typical part of life. I think it will reassure kids that are struggling with stress. The author reinforces that stress is normal, sometimes even good, and they CAN learn to manage their stress. What an encouraging approach!^{*} Chapters 3 & 4 teach great strategies for relaxation. What sets this book apart is the emphasis on learning to relax BOTH the body and the brain. So smart and so important!^{*} Chapter 5 has to be top of my list.

I was so thrilled when **TOTALLY CHILL: My Complete Guide to Staying Cool** came out that I couldn't wait to read it. Created for children grade 3 through middle school, the cover illustrations (themed in penguins) is so inviting for this young audience. I LOVE the penguin and igloo theme continued throughout this amazing resource. There are SO many ways that this book can be utilized to teach stress management techniques for kids with social, emotional or sensory sensitivities. Dr. Lynch presents an easy-to-follow workbook that enables children to learn (at their level) to manage their own stress. Depending on a student's interest, age and abilities, PARENTS can partner with their child (at home) to work at their own pace in learning various skills. As well, TEACHERS can easily utilize this book as part of their curriculum while teaching much-needed stress management. There is no need to pick and choose from it. This book is ready to use from start to finish and contains such hands-on lessons. It can be used one-on-one with an aide and student or as more of a group lesson. Each student would have his/her own book to write in directly. The student can also take the books home and discuss them with family members (extending the lessons to the home-front). Lastly, THERAPISTS can use this workbook directly with individual students or in group sessions. It's designed so well, it's ready to go! Here are the chapters included in this book: Chapter 1 - What Makes Me Stressed?

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