



## Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD (Hardback)

By Judith M. Glasser, Kathleen G. Nadeau

American Psychological Association, United States, 2013. Hardback. Book Condition: New. Charles Beyl (illustrator). 232 x 156 mm. Language: English . Brand New Book. Did you know that there are things you can do every day to help you feel better more often? It's true! Packed with practical advice and fun activities, this book will show you how to: \* Understand your emotions\* Practice healthy habits to stay in your Feel Good Zone\* Know the warning signs that you are heading into your Upset Zone\* Feel better when you get upset\* Problem-solve so upsets come less often\* And much more! Learning to Feel Good and Stay Cool also includes a note and resources for parents. Get ready to take charge of your emotions and start feeling better!.

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