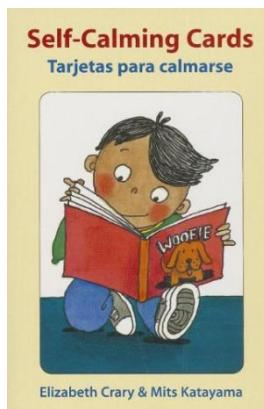


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## SELF-CALMING CARDS



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...

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- Authored by Elizabeth Crary
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