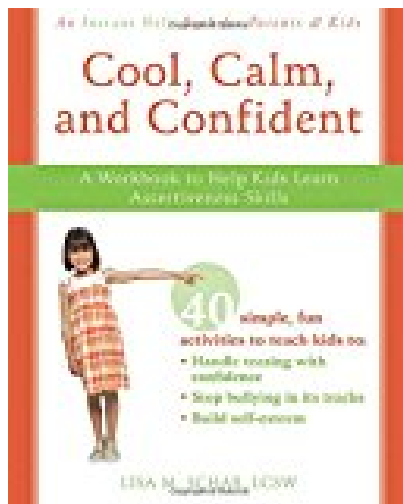


# Cool, Calm and Confident A Workbook to Help Kids Learn Assertiveness Skills



## BOOK DETAILS

- Author : Lisa M. Schab LCSW
- Pages : 184 Pages
- Publisher : Instant Help
- Language : English
- ISBN : 1572246308

[↓ DOWNLOAD](#)

## **BOOK SYNOPSIS**

Self-assured, assertive kids are not only less likely to be picked on by their peers, they're also less likely to bully others. But it's not always easy for children to find a healthy middle ground between passivity and aggression. If your child is a frequent target for bullies, or has begun to tease and take advantage of other kids, the easy and effective activities in *Cool, Calm, and Confident* can help. These simple exercises help children stand up for themselves without coming across as aggressive, learn to be both kind and assertive, and develop self-confidence and a positive self-image. Using this workbook is an easy and effective way to instill self-esteem in both passive and aggressive children—a strength that will prove invaluable in childhood, in their teenage years, and throughout their lives. Help children to: Learn the difference between passive, aggressive, and assertive behavior; behave in ways that discourage teasing; understand their rights and stand up for themselves; stay calm and learn skills for managing anger; and make real and lasting friendships.

### **COOL CALM AND CONFIDENT A WORKBOOK TO HELP KIDS LEARN**

**ASSERTIVENESS SKILLS** - Are you looking for Ebook *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills*? You will be glad to know that right now *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills*. To get started finding *Cool Calm And Confident A Workbook To Help Kids Learn Assertiveness Skills*, you are right to find our website which has a comprehensive collection of manuals listed.