



## Stress Free Kids Curriculum Teacher Kit: Stress Management Lesson Plans Reduce Anxiety, Stress, Anger, Worry, Increase Self-Esteem

By Lori Lite

Stress Free Kids Llc, United Kingdom, 2011. Paperback. Book Condition: New. Teachers Guide. 300 x 272 mm. Language: English . Brand New Book. No prior teaching or stress management experience is needed! This turnkey curriculum incorporates 4 research-based stress management techniques, stories, songs, movement, music, and worksheets. The characters in the stories show children how to manage stress, anger, worry, anxiety, and fear while increasing their self-esteem. Each lesson is designed to introduce practical solutions to daily living. This fun and interactive format makes stress management teachable for teachers, youth leaders, guidance counselors, therapists, yoga instructors, homeschoolers, and parents. Curriculum Includes: Indigo Dreams CD, Indigo Ocean Dreams: (2 full hours including 8 stories/30 minutes of music) 6 Paperback books: Angry Octopus, Sea Otter Cove, Bubble Riding, Affirmation Weaver, A Boy and a Turtle, and The Goodnight Caterpillar Lesson plans/Sample conversations Worksheets for each story/lesson Songs and movement activities Certificate of Completion for each lesson.



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