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# The Kids' Guide To Staying Awesome And In Control: Simple Stuff To Help Children Regulate Their Emotions And Senses



## Synopsis

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

## Book Information

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Age Range: 7 - 14 years

Grade Level: 2 - 9

## Customer Reviews

This book is crammed with sensory tools kids can use to feel and function better anywhere, anytime. It helps children recognize what they are feeling whether they are low arousal and sluggish, overaroused and emotional, or just too hyper and empowers them with strategies they can use to feel 'just right'. --Lindsey Biel, OTR/L, co-author of *Raising a Sensory Smart Child*, and author of *Sensory Processing Challenges: Effective Clinical Work with Kids & Teens* Something for

everyone! Great graphics for kids. Illustrated charts for teachers. Helpful hints for parents. Innovative resources for therapists. Truly an awesome compilation of strategies students can use anytime anywhere. No assembly required! --Beverley H. Moskowitz, DOT OTR/L, CEO at Real OT Solutions, Inc. Something for everyone! Great graphics for kids. Illustrated charts for teachers. Helpful hints for parents. Innovative resources for therapists. Truly an awesome compilation of strategies students can use anytime anywhere. No assembly required! --Beverley H. Moskowitz, DOT OTR/L, CEO at Real OT Solutions, Inc.

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As a Social Worker who provides counseling to elementary school students I am always looking for

ways to help my students who struggle with self-regulation. Though talk therapy and cognitive behavioral treatment are effective some students need an immediate strategy they can easily learn and utilize in the moment. This book has addressed the gap between the behavior and the time it takes for the child to learn various other management skills. I've used the book in my sessions to teach the strategies in 5 minutes. It is satisfying to see my students using "finger pulls", "wall pushes" and other strategies I've taught from the book as a way to self-regulate in the moment. I highly recommend this book as a resource for anyone attempting to help a child understand how to manage intense emotions.

I was looking for a book to help my kids find ways to be able to handle their emotions and calm themselves when needed. I had heard good things about this book from friends, and I have been pleased so far. The book is laid out in two parts, a kid section and adult section. The kids' section is very easy to read, with drawings to go along with the explanations of the "body breaks" (the physical techniques suggested to bring the body back to feeling "just right"). The author explains how to label feelings, and which techniques work best for each feeling (fast and wiggly, fast and emotional, fast and tired, slow and tired). The kids love the drawings and the explanations for each feeling. Some activities are smaller and can be done anywhere (like giving yourself a hug, bubble breath, palm push, etc.). The others involve larger movements (crab walk, wall push), and some are for kids who like tactile things, such as using cushions or manipulatives). There is a nice mix of options, which would work for different temperaments and needs. The adult section is fairly short and discusses tips for parents and has a more scientific section explaining the major sensory systems of the body. There are checklists and activities to use with kids, either in a home or classroom setting (which is great for both homeschooling parents and teachers). Both my 5 year old and 9 year can understand what to do and have enjoyed reading the book. My younger child gets easily frustrated at times, and this book has been helpful for him. We label how he is feeling, and without my prompting, he has sat down with the book and looked over the pictures and decided which technique he wants to use. Sometimes they work, other times they don't, but overall this book has been helpful when it comes to labeling emotions and giving options for calming oneself. I would recommend it.\*Note: If you thought this review was helpful, please click yes below. This helps me and more importantly helps others who are reading reviews. I place a lot of value on the reviews here on when I'm looking to purchase something, and I know a lot of others do as well.

This is an amazing work for educators, parents, and children! The language is clear, but the ideas are profound. As someone who works with children with an array of disabilities, I can't thank Lauren enough for publishing this guide. When I think of how much simple exercises such as "the finger-pull" or pressure holds and breathing techniques have helped the children I work with, I am amazed. I only wish this book was around 20 years ago when I was raising my own children!!

I'm a mom of a kid with ADHD. What a terrific book for helping our daughter have specific tools she can use when she feels emotional or hyper. I am ordering another copy for her teacher to have so the school will have ideas about how to help her in the classroom. I particularly appreciate that half of the book and illustrations were written to be read directly to the child- what a fantastic idea. The other half is directed to parents and teachers. It's a super resource and I recommend it.

I have 3 boys with Sensory Processing issues. I wish I had this book when my older son, who also has Asperger's, was younger. I love how it's written TO the children with plenty of illustrations, which can help even a non-reader to be able to use it. I have benefitted from it myself...adults will be able to use these simple strategies as well.

As an occupational therapist who works daily with kiddos on self-regulation, this book has been very helpful! My kids respond well to its simplicity and benefit from the pictures and lists of strategies. It's a great way of bringing a lot of self-regulation pieces together for kids and families to use easily and daily.

Anyone can pick up this book and deliver an appropriate intervention for a young person who is struggling to regulate their emotions. The lessons are thoroughly explained and simple to implement. I just ordered a couple more for the social workers at my school. I imagine it will be a useful tool during transition time and whenever students need to discharge energy before settling to an academic task.

Love it

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