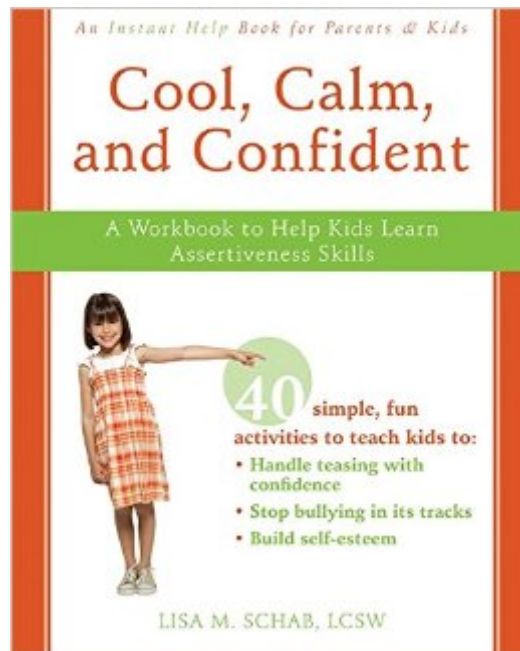


The book was found

# Cool, Calm, And Confident: A Workbook To Help Kids Learn Assertiveness Skills



## 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.

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## Book Information

Paperback: 184 pages

Publisher: Instant Help; 1 edition (April 2, 2009)

Language: English

ISBN-10: 1572246308

ISBN-13: 978-1572246300

Product Dimensions: 0.5 x 8 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (27 customer reviews)

Best Sellers Rank: #33,557 in Books (See Top 100 in Books) #28 inÂ Books > Children's Books >

Growing Up & Facts of Life > Friendship, Social Skills & School Life > Peer Pressure #82

inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life

> Bullies #103 inÂ Books > Parenting & Relationships > Parenting > Teenagers

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

My son has to do required reading for school each night for 20 minutes. I chose to use these workbooks for that required reading time and I've finally found something that is INTERESTING for my son to read (age 9). He likes reading the little 1-page stories in this book about kids who are "like

him" and he's able to relate to these kids easily. He enjoys brainstorming how the characters in the story can solve their own problems, which he will indeed apply to his own life. The activities after the story reinforce the skills. He's taken away many pearls of wisdom already from these activities and is in a GREAT mood after we've completed our activities. We've had so many conversations open up that have lead to great discussions. I LOVE THESE WORKBOOKS!!! Every child should have the opportunity to learn self-confidence skills and assertiveness. I feel lucky that I found them.

I work with kids in crisis who have been assessed for suicide risk within the last 90 days. This book is very helpful when teaching them coping skills. The book also covers many different areas that kids need to address, such as communication skills, self-esteem, managing feelings, managing anger, social skills, etc.

I am an elementary school counselor, and I like to print out copies of pages from the book, trim them down, and staple them together, making mini workbooks for my students and I to discuss and complete during individual counseling sessions. The kids love having something tangible to work on, and it facilitates discussion easily. If you make the little booklets I do, it's also something for the kids to take with them after meeting. I love the practicality of the pre-made lessons. I would definitely recommend this book and any of the others by Lawrence Shapiro in this set!

A great workbook for children to learn how to express themselves and how to think through their choices when they find themselves in difficult situations. Teaches the child that their feelings are never wrong, but the way they chose to handle their feelings can make a big difference in not only how they feel and behave, but in how others behave, react to, and treat them too. De-stressing techniques and confidence building exercises. An outstanding guide for children old enough to enjoy writing, or for children who don't mind writing, and are struggling to adequately identify /express true feelings, choices, behaviors, reactions, and potential outcomes. I don't recommend this for children who view writing as a big chore, as this will not effectively provide any positive benefits to these children (although if the child is willing to participate VERBALLY with this workbook, it could be filled out by an adult reading it with them, and then still hold potential for providing positive benefits).

I got this for my 7-y-o daughter who has seemed a little underconfident this year, starting at a new school. The book is divided into many short topical chapters and there are worksheets at the end of

each chapter. Rather than doing this book with a paper and pen, I am reading the little stories to my daughter that are at the beginning of each chapter right before bed and then I ask her a couple of the questions from the worksheet. We are keeping it really short but it holds her attention. I find she will confide in me a little more right before bedtime also. Even though it is not religious, it kind of reminds me of the kids' devotionals I have done with my daughter - a little helpful story and something to think about. I want to order a couple more of these "instant guide" books to see if I like them also.

This workbook provides activities for children to practice positive thinking and assertiveness as well as help them learn to see the positive qualities about themselves. I am currently working on this with my 5 year old. It can definitely work for all ages though. I highly recommend this book!

not only are my kids learning a lot with this book, but my husband, my mother and i are as well. we do one exercise every day at dinner. lisa, you have changed our lives!

I'm a youth counselor and I love this workbook! Great for the kids I work with! It had good lessons, as well as fun worksheets that go along with the lessons. Great asset to a counselor!

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