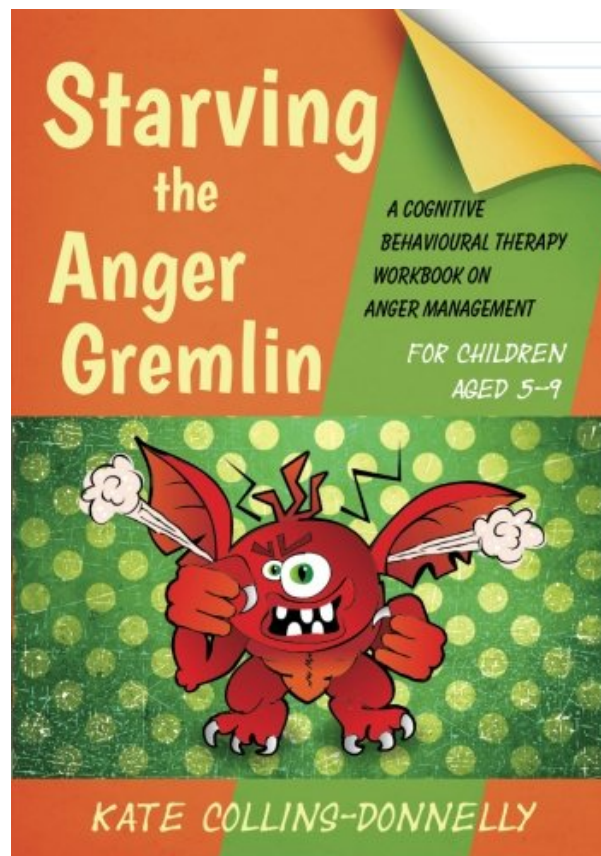
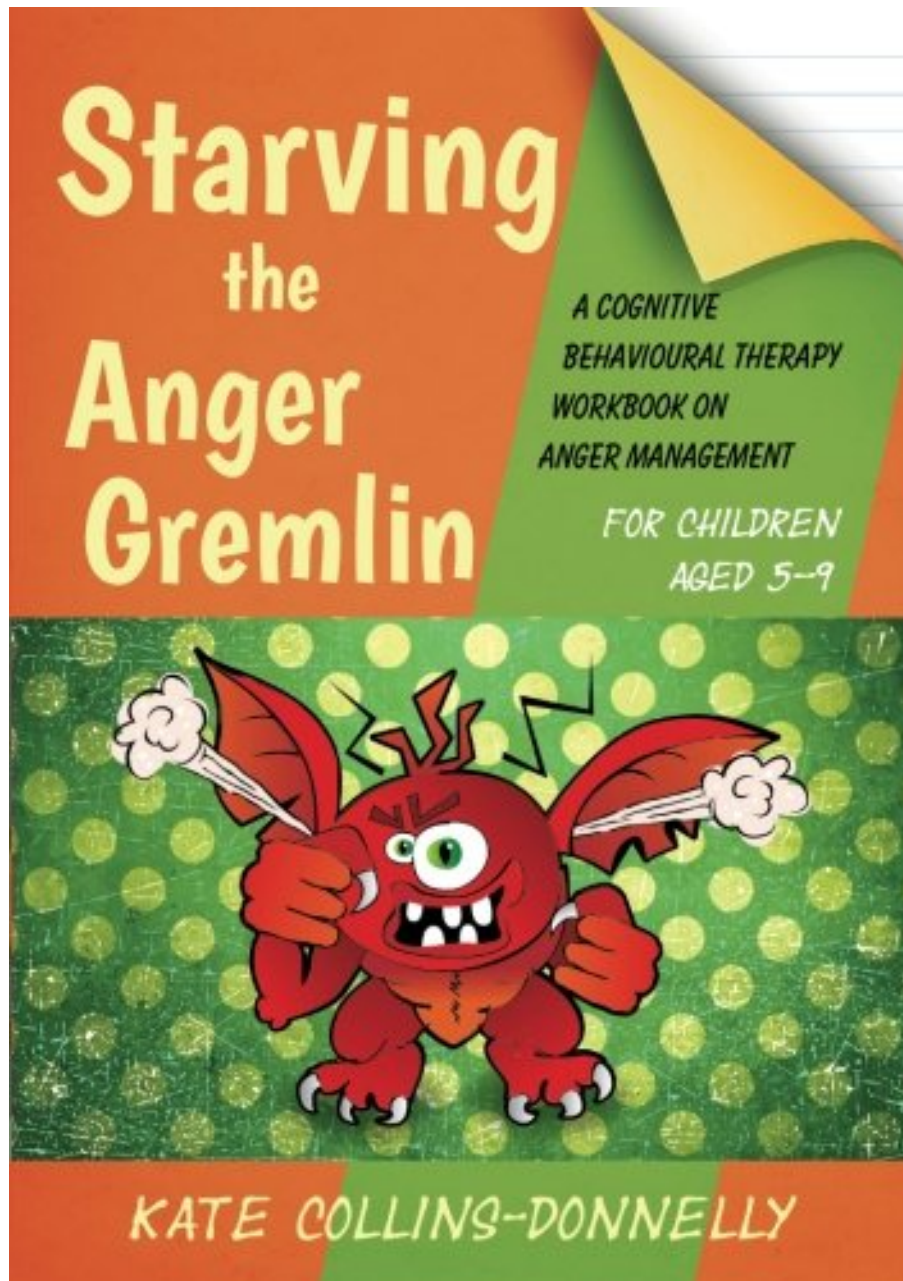


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Review

Starving the Anger Gremlin for Children Aged 5-9 is a high quality programme with innovative, fun and age-appropriate materials to support young children to manage their emotions successfully. It is flexible enough to be used with groups and whole classes as well as in one-to-one sessions with children with varying levels of anger issues, including those with complex needs. I envisage schools, parents and children benefiting greatly from using this structured approach to cognitive behavioural therapy and I look forward to its use in our school. An excellent resource for every primary school! -- Andrew Truby, Headteacher at St Thomas of Canterbury School, Sheffield, UK

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Help children to understand and manage their anger with this fun and imaginative workbook.

The Anger Gremlin is a naughty creature and his favourite food is your anger! The more anger you feed him, the bigger and bigger he gets and the angrier and angrier you feel! How can you stop this? Starve the Anger Gremlin of angry thoughts, feelings and behaviours, and watch him disappear!

Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and colouring, drawing and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.

- Sales Rank: #402623 in Books
- Published on: 2014-08-21
- Released on: 2014-08-21
- Original language: English
- Number of items: 1
- Dimensions: 9.69" h x .40" w x 6.81" l, .0 pounds
- Binding: Paperback
- 176 pages

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Engaging

By Kerry M

Quite a good compilation of strategies for anger management. The only negative is the age group it is aimed at. Children aged 8-9 would do well but the younger ones would struggle, particularly those aged 5-6. However, I still think this is a useful tool.

0 of 0 people found the following review helpful.

Not very good.

By Ezequiel

Not appropriate for young children. I was disappointed. You can find better strategies on pintrest.

0 of 1 people found the following review helpful.

This wasn't as good as I thought it would be

By Lauren Fisher

This wasn't as good as I thought it would be. It does a decent job at teaching anger control strategies.

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