

LAUREN BRUKNER ILLUSTRATIONS BY APRIL

THE KIDS' GUIDE TO STAYING

AWESOME



AND

IN CONTROL

Simple Stuff to Help Children Regulate
their Emotions and Senses

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

Lauren Brukner



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

The Kids' Guide to Staying Awesome and In Control Lauren Brukner, 2014-07-22 From breathing exercises and pressure holds to noise reducing headphones and gum this illustrated book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties aged approximately 7 to 14 years to stay cool calm and in control

Kids' Guide to Staying Awesome and in Control Lauren Brukner, 2014-01-01 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

The Autism Lens Kara Dymond, 2020-10-20 The Autism Lens helps teachers to connect to students with autism and support them along their own unique trajectory Bringing to life communication difficulties that impact socialization and learning this book removes the guesswork by offering practical solutions and classroom tested strategies Woven throughout are stories that encourage teachers to see instruction from a student's point of view From this perspective teachers can gain trust and nudge students into the space where learning happens

Sensory Motor Activities for Early Development Chia Swee Hong, Heidi Rumford, 2020-08-26 Sensory motor activities are crucial for children to learn from their environment Bridging the gap between theory and practice this revised edition is a complete package of tried and tested sensory motor activities for children covering basic movements interoception sensory and body awareness and early visual perceptual skills Providing an overview of the sensory systems the authors offer practical strategies for parents carers and practitioners to link knowledge to practice when communicating and engaging with a child The authors present both familiar and novel activity ideas explaining how they provide sensory stimulation to the relevant sensory systems and may help to support the child's development sensory processing and regulation levels New material includes greater emphasis on understanding the sensory systems and how they link to the activities a brand new chapter on interoception revised recording methods including Goal Attainment Scaling as an outcome tool an expanded list of activities Sensory Motor Activities for Early Development 2nd edition is an essential text for all parents carers and practitioners who use sensory motor activities in a playful way to help the development of children with a range of needs It will be valuable reading for those working with children who do not initiate movement who require help

with their movement who need to refine their movement who need encouragement or motivation to engage in purposeful movements or those who need activities to provide sensory stimulation

The Mindful Magician and the Trip to Feelings Town Lauren Brukner, 2023-04-21 We are going to take a trip to a very special town called Feelings Town In this town there are kids who need our help because they are having different super strong feelings Do you ever feel angry sad or worried get startled by big sounds or not realise how hungry you are Don't worry the Mindful Magician is here to help In this book you'll learn fun tricks that will ZAP those feelings away If we use them the right way we can save the day for kids who need our help And the best bit is once you've learned those powers you will be able to use them yourself anytime you feel those feelings This illustrated picture book shows children aged 5 different self regulation strategies for dealing with strong emotions and overwhelming sensory experiences and how to understand interoceptive senses The interactive story normalises struggling with tricky emotions and senses while offering a helping hand dealing with them and there is further guidance for adults at the end of the story and advice on other self regulation strategies

Self-Control to the Rescue! Lauren Brukner, 2017-06-21 An illustrated resource packed with strategies and exercises for children aged 4-7 to regulate emotions and overcome the challenges of the most difficult times in a typical day Simple solutions and guidance can be adapted into any child's daily routine with tips and extra resources for parents and educators

Stay Cool and In Control with the Keep-Calm Guru Lauren Brukner, 2016-09-21 Meet the Keep Calm Guru our expert guide to the art of staying cool calm and in control in the face of overpowering feelings This illustrated book introduces wise ways for children to recognize and cope with anxiety anger frustration and other difficult emotions Using everything from yoga poses and pressure holds to deep breathing and relaxing coloring activities the Keep Calm Guru shows kids how to take back control and feel cool calm and just right Suitable for children with sensory and emotional regulation difficulties aged approximately 7-14 years

How to Be a Superhero Called Self-Control! Lauren Brukner, 2015-11-21 Narrated by a superhero called Self Control this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties aged approximately 4 to 7 years to master self control

Behaviour Barriers and Beyond Rachel Thynne, 2021-11-29 This practical resource helps school staff to reframe behaviour as a means of communicating a need ensuring they can sensitively and effectively support children with a range of Social Emotional and Mental Health SEMH needs and Special Educational Needs and Disabilities SEND With case studies and examples woven throughout the book focuses on relational and strength based approaches to improve mental health and wellbeing self esteem sense of safety and in turn behaviour and educational outcomes All advice is carefully designed to have the maximum positive impact on the child and minimum impact on teacher time and resources Key features include Accessible explorations of a range of difficulties and their effects on school life A variety of supportive strategies tips and advice designed to be easy to implement effectively within a busy classroom A focus on building and maintaining positive relationships making the classroom a safe

learning environment Small adjustments can make a huge difference to wellbeing whether they are for those with a diagnosis with SEND with SEMH needs with anxiety or just those having a hard time This book will be an essential tool for teachers SENCOs and school leaders in both mainstream and specialist settings **The ASD Feel Better Book** Joel Shaul,2017-11-21 Learn to build individual strengths and work through problems with this picture based guide for children with ASD aged 7 14 The use of simple images and photocopyable worksheets creates a fun and engaging resource for identifying different emotions and how to manage and deal with personal challenges **Applying Trauma-Sensitive Practices in School Counseling** Stacey Rawson,2020-08-05 Applying Trauma Sensitive Practices in School Counseling provides school counselors with the research knowledge and skills they need to implement interventions that will impact the academic social and emotional outcomes of traumatized students This guidebook is for school counselors especially those who work with students with Adverse Childhood Experiences ACEs Readers will obtain background information about ACEs and the effects of chronic stress in childhood trauma informed programs for school counselors to lead school wide and tools and strategies for school counselors to implement in personal practice *Success with Sensory Supports* Kim Griffin,2023-03-28 Sensory needs are being recognised as a vital part of learning development and engagement within the classroom and are being used more often to make education both accessible and fun To harness the full potential of sensory supports using these strategies correctly is key This is the essential guide to using sensory strategies successfully with school children from occupational therapist Kim Griffin who has 20 years of experience supporting sensory needs As you make your way through the book you will be joined by Isla and Noah two children whose stories will help illustrate how information in the book can be used practically In addition the book includes personal anecdotes from Kim links to further reading reflective questions and teacher perspectives to show how a teacher might use the information in the classroom These features will help you easily identify sensory needs and use sensory tools effectively *Understanding Anxiety at School* Rachel Thynne,2024-09-26 An increasing number of children face feelings of anxiety and isolation negatively impacting their mental health and wellbeing as well as their attainment in school Having battled social anxiety herself Rachel Thynne knows first hand how hard it can be to be misunderstood and receive little help By understanding the communicative function of behaviours and seeing the person behind their actions staff can learn to support and nurture pupils with consistency empathy and positivity This book explores anxiety in children and young people unpicking social anxiety situational mutism school anxiety and separation anxiety within a school context and shining a light on the importance of relationships effective communication and self regulation skills A wealth of strength based strategies are provided that can be implemented quickly and easily by busy school staff to alleviate anxiety build self esteem and increase feelings of safety and belonging The book also supports sensitive and collaborative work with caregivers to achieve the biggest impact and includes real life examples case studies and reflective opportunities to bring theory to life Little adjustments can make a huge difference and have a

positive lifelong effect on the individual but also on the other pupils Advocating for whole school approaches to create a culture where all pupils can thrive Understanding Anxiety at School will enable school staff including teachers and special educational needs coordinators SENCOs to recognise signs of anxiety and to provide support empathically and compassionately *Children's Art and Yoga for Autism and Diverse Abilities* Yael Calhoun,2025-08-21 Based on the trauma informed GreenTREE Yoga Approach of building safety supporting empowerment and maintaining simplicity this book provides an easy to use art and yoga program for autistic children and those with differing needs The structured program guides teaching six classes to introduce the benefits of yoga in any setting including schools residential centers camps and homes It also can be adapted to your changing program needs The program includes simple art projects yoga poses and breathwork components guided by charming illustrations of Shanti the Monkey to lend structure predictability consistency and fun The simple yoga can be done standing seated or lying down With session plans scripts and visual prompts for artwork and yoga poses this book gives you everything you need to provide a fun program and share resources with parents and teachers to do at home or in the classroom You can give children tools to build body awareness and emotional regulation skills *How to Be a Superhero Called Self-Control 2nd edition* Lauren Brukner,2025-11-21 Empower children aged 7 and upward to process big feelings and regulate their senses with Lauren Brukner s bestselling guide This updated edition has been fully revised to be accessible for neurodivergent and dyslexic readers Are you ready to be a superhero Self Control is here to teach you With these amazing superpowers you ll be able to understand your big feelings and find the strength and confidence to feel better Inside you ll team up with Self Control to learn powers that help you feel calm and in control Try quick boosts like deep breaths and using mantras or practice recharging powerups like finding your peaceful place Whether you re feeling tired angry worried or wiggly you can calm those big feelings with Self Control s help You can even read with a grown up as a superhero team With fun illustrations that show you exactly what to do handy charts and tips for parents and teachers this amazing guide gives you all the self regulation superpowers you need Put on your cape and your mask Self Control and You to the rescue **Improving Sensory Processing in Traumatized Children** Sarah Lloyd,2016-01-21 Does your child struggle to know how their body is feeling Do they find it hard to balance or feel uneasy when their feet leave the ground Early trauma and neglect can have a profound effect upon a child s development Sensory integration theory offers a way of understanding how the brain processes and stores movement experience and how these experiences manifest at a physical and emotional level This book explains how early movement experiences affect brain development and gives examples of how trauma can prevent basic sensory processing pathways from being correctly established It shows how you can identify gaps in normal sensory development and offers ideas for how you can use physical activities to help build up the underdeveloped systems Good bodily awareness forms the foundation of motor development as well as social and emotional skills and learning This book will help your child to be more in tune with themselves and their bodies and feel more

comfortable in their environment Highly accessible with lots of practical tips and examples this book is written for adoptive and foster parents and will also be useful for social workers fostering and adoption workers and those working in primary and early years educational settings

Make Your Own Picture Stories for Kids with ASD (Autism Spectrum Disorder) Brian Attwood,2015-04-21 Ever wanted to create a picture story to help your ASD kid get through a difficult situation but let your lack of artistic skills hold you back That won t be a problem anymore with this step by step guide to creating simple picture stories that can be adapted for absolutely any situation whether at home in the classroom or on the go

Happiness Hacks Aubre Andrus,Karen Bluth,2017-08-01 Being happy is good for you When you re happy you re energized and motivated to get things done If you re looking to find more joy in life or are feeling a little defeated the projects in this book can help Come up with a mantra that will keep your positive energy flowing Rearrange your room for a change of scenery Relax with a cup of tea or some simple yoga poses Dance your worries away Find your way to a happier healthier you

The STAR Detective Facilitator Manual Susan Young,2017-05-18 The STAR Program is designed to teach children and those involved in their care psychological techniques to improve self control and prosocial competence The program employs cognitive behavioral therapy CBT principles and uses a child centered approach to teach attention skills emotional control problem solving and interpersonal skills to children aged 8 12 who have cognitive behavioral social or emotional difficulties This manual includes designated group sessions to be delivered by healthcare practitioners alongside individual coaching sessions to be provided by a family member or individual carer between each group meeting Extra materials include PowerPoint presentations and a Thinking Tools resource which are available to download from the JKP website

Ollie and the Golden Stripe Alison Knowles,2016-07-21 When Ollie doesn t help his bullied classmate Adam the Captain decides that it s time to introduce him to one of his most important superpowers Empathy Using Empathy Ollie has the chance to earn his first Captain s stripe and help Adam Will he succeed

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