



## Putting on the Brakes Activity Book for Kids with Add or ADHD

By Patricia O. Quinn

Magination Press. Paperback. Book Condition: New. Joe Lee (illustrator). Paperback. 96 pages. Dimensions: 10.8in. x 8.4in. x 0.3in. Putting on the Brakes Activity Book for Kids with ADD or ADHD is an expanded and updated edition of APAs classic, best-selling workbook. The activities are comprehensive and cover practically every area in a kids life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc. ); home (organizing, taking medication, doing things step-by-step); behavior and emotion control regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc. ); health and nutrition (healthy foods, exercise, getting outside green space, etc. ); and, self-awareness self-esteem (strengths and weaknesses, making friends, etc. ). All of this information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. New activities include Exercise Can Be Fun!, Your Exercise Log, Finding Your Green Space, Recognizing Angers Warning Signs, Avoiding What Makes You Angry, Organizing Your Writing, and Practice Outlining. Exercises from the original book have been updated to reflect new technological advancements (i. e. , computers PDAs). This book is packed with useful and empowering lessons skills kids can apply to and implement in their...



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