

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

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16/1/2017 · 8 || The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses. This is an awesome option for talking to older kids (recommended for ages 7 to 14) about strategies, tools, and tips for helping them stay regulated and in control.

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