



Calm Down & Play: Activities to Help Impulsive Children

Loretta Oleck Berger

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Ages 5 - 12. This book is filled with fun and effective activities to help children calm down and control impulses, focus, concentrate and organize their thoughts, identify and verbalize feelings, channel and release excess energy appropriately, and build self-esteem and confidence. Most of the activities take no more than 10 minutes and can be played just about anywhere- while a child is waiting on line, riding in a car, or even getting ready for bed.

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