

Safer 3 Activity Book Safer 3 Water Safety Foundation

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binnie is an energetic baboon who bounces around the lush green mountains of rwanda in east africa but like many of us binnie often

feels worried and stressed and these worries can get in her way what if she gets lost in the jungle or her family gets sick what if no one likes her sometimes she even worries about the fact she's worried and if she isn't worried well why not this activity book has been developed by expert child psychologist dr karen treisman the first part of the book is a colourful illustrated therapeutic story about binnie the baboon with a focus on worry and anxiety this is followed by a wealth of creative activities and photocopyable worksheets for children to explore issues relating to anxiety worry fears and stress and how to find ways to understand and overcome them the final section of the book is full of advice and practical strategies for parents carers and professionals on how to help children aged 5-10 to start to understand why they experience feelings of anxiety and what they can do to help reduce and navigate it this resource is complemented by a host of bestselling publications and card sets all created by dr treisman search on therapeutic treasures collection to discover them all this activity book is complemented by a standalone picture book of binnie's story also available from jessica kingsley publishers binnie the baboon isbn 9781839970252

like all dogs presley the pug loves to play run and snuggle up under his warm blanket but sometimes presley gets gets so excited that his feelings take over sometimes it's anger sometimes stress sometimes worry he doesn't know how to calm down what can presley do when he feels like this luckily presley's canine friends are nearby with some wise words and they share some of the tricks that have worked for them this therapeutic activity book was developed by expert child psychologist dr karen treisman it features a colourful therapeutic story designed to help start conversations about coping with big feelings and how to find calm it explains how presley and the reader is able to create a mind retreat an imaginary safe space where he can relax the activity book is also packed with creative activities and photocopyable worksheets to help children to explore the ideas raised in the story including regulating and coping tools like sensory boxes relaxation exercises and easy yoga poses it also features advice and practical strategies for parents carers and professionals supporting children aged 5-10 this activity book is complemented by a standalone picture book of presley's story also available from jessica kingsley publishers presley the pug isbn 9781839970313

easy to use guide that helps elementary and middle school students develop their internet skills while keeping safe most school age children use the internet every day however many possess naive attitudes about their online safety and can inadvertently engage in a

range of high risk behaviors developed by i safetm the leading nonprofit organization dedicated to internet safety education this important resource offers a series of fun lessons and teachers guides to help students in grades k 8 learn how to stay safe online filled with activities the book shows young children how to have fun online while keeping safe from i safetm the organization dedicated to internet safety education topics include basic internet safety protecting personal information preventing cyberbullying avoiding predators netiquette and much more this is a must have book that teachers and parents can use to help kids become internet savvy

body safety is a topic that as parents and educators we know we need to teach our kids about but quite often we fall short because we don t know where to begin not only do we want to keep our children safe but we also want to teach them to respect the bodies of others this activity book can help you to teach your kids about body safety and consent smart kids have a mind that s courageous and kind buy it now write a review and help your kids to keep their bodies safe scroll to the top of the page and click the add to cart button

an authoritative guide that shows parents how to protect their children from molestation abduction and other forms of abuse without instilling fear by teaching them to be safe strong and street smart includes sample scripts for difficult conversations written in positive matter of fact language

from the livingstone corporation the organization that produced barbour s ultimate guide to the internet for the christian family this value book title is a bite sized excerpt from the ultimate guide targeted specifically toward fun informative and educational sites that kids will enjoy

this activity book reinforces the following crucial body safety skills taught in the children s picture book my body what i say goes safe and unsafe feelings early warning signs a safety network safe and unsafe touch private parts the difference between secrets and surprises and body boundaries ages 3 9

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