



Somebodyness: A Workbook to Help Kids Improve Their Self-Confidence

By Erainna Winnett

Counseling with Heart, United States, 2014. Paperback. Book Condition: New. 270 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.Kids care very much what others think of them and while multiple people may tell them they re wonderful, it s the negative thoughts that often stick. Somebodyness helps kids learn to look beyond the negative opinions of others and start to build a positive image of themselves. They learn how to take their strengths, and even their weaknesses, and focus on them when developing goals and interacting with the world. Ages 7-12, Softcover, 40 pages Other titles available in the Helping Kids Heal Series Saying Goodbye: Memory Book Memories of You: Pet Memory Book Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied Outsmart Test Anxiety: A Workbook to Help Kids Conquer Test Anxiety Better Days: A Workbook to Help Kids Better Understand and Accept Retention A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events Chill Out: A Workbook to Help Kids Learn to Control Their Anger Mom or Dad s House?: A Workbook to Help Kids Cope with Divorce Broken Promises: When Parents Don t Keep Their Word...



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