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# Chill Skills In A Jar®: Anger Management Tips For Teens



## Synopsis

Learn healthy ways to cage your rage. Deal positively with your anger and maintain respectful relationships. Ages 12 & up, 101 cards, 3" recyclable plastic screwtop jar.

## Book Information

Series: In a Jar™

Misc. Supplies

Publisher: Free Spirit Publishing; Crds edition (September 30, 2010)

Language: English

ISBN-10: 157542360X

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Product Dimensions: 3.5 x 3.2 x 3.2 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 58 customer reviews

Best Sellers Rank: #13,907 in Books (See Top 100 in Books) #8 in Books > Teens > Hobbies & Games > Games & Activities #32 in Books > Teens > Social Issues #122 in Books > Children's Books > Activities, Crafts & Games > Games

Age Range: 12 and up

Grade Level: 6 - 12

## Customer Reviews

Based in Minneapolis, Minnesota, Free Spirit Publishing is known for its unique understanding of what kids want (and need) to navigate life successfully. Free Spirit's reputation as a leading publisher of Self-Help for Kids(tm) and Self-Help for Teens(tm) is grounded in books and other learning materials that are practical, positive, pro-kid, and solution focused.

This are great therapy tools to use with kids when doing mental health therapy. You can play this like a game, do role modeling or role playing. Great to use with teens to help them learning how to address and process their anger and practice coping skills before acting out.

Would recommend this product for therapists, teachers, and parents who work with angry, upset children. The product can be used in a variety of ways.

This is great. Prompts are real, engaging and helpful. It has tips for anger management, scenes

where you act out troubling situations and share out where you share what you would do in a certain situation.

Provides kids with ideas to calm down!

Excellent for lunch groups across a lot of different grades. I use this with 3-6 grade mostly, but I could see myself taking a few of the cards and using it for 7th with the right group.

I have used these in both therapy group sessions and family sessions and they have gone over very well. The teens will ask for them in group and love to act out the scenarios. We have even made a board game with them. In families it works well to get everyone to give feedback and spark discussions. Sometimes we'll look through them in individual sessions too. It has been a great addition to my therapeutic toolbox!

good gift

Not the best for older teens.

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