

# Kids Chores In Funny Reminders Show Kids How To Calm Down When They Are Angry



Are you tired of your kids fighting, arguing, and throwing tantrums? Do you wish you had a way to teach them how to calm down and manage their anger? If so, then you need to check out the new book, \*\*Kids Chores In

Funny Reminders\*\*. This book is a must-have for parents who want to teach their children how to calm down when they are angry. The funny reminders will help kids learn how to identify their feelings, express them in a healthy way, and develop coping mechanisms for dealing with anger.

## What's Inside The Book?

\*\*Kids Chores In Funny Reminders\*\* is a 32-page book that is divided into four sections:



### Remis Family 5 - Remis Tricks To Calm Down: Kids Chores In Funny Reminders Show kids How To Calm Down When They Are Angry (Remis Family Series 2024)

by Debbie LeSean

★★★★☆ 4.6 out of 5

Language : English

File size : 2950 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 16 pages



1. What is anger?
2. How to identify your feelings
3. How to express your feelings in a healthy way
4. How to develop coping mechanisms for dealing with anger

Each section is filled with funny reminders that will help kids learn how to calm down and manage their anger. For example, the section on "How to identify your feelings" includes reminders like:



***“When you're angry, your face might feel hot and red.”***

***"Your heart might beat faster and your muscles might tense up."***

***"You might feel like you want to scream or cry."”***

The section on "How to express your feelings in a healthy way" includes reminders like:



***“Talk to someone you trust about how you're feeling.”***

***"Write or draw about your feelings."***

***"Play a sport or do another activity that helps you to relax."”***

The section on "How to develop coping mechanisms for dealing with anger" includes reminders like:



***“Take a deep breath and count to 10.”***

***"Walk away from the situation and give yourself some time to calm down."***

***"Listen to calming music or read a book.""***

## **How Can This Book Help Your Child?**

**\*\*Kids Chores In Funny Reminders\*\*** can help your child in a number of ways, including:

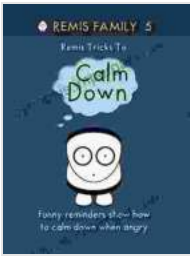
- Identify their feelings
- Express their feelings in a healthy way
- Develop coping mechanisms for dealing with anger
- Reduce fighting, arguing, and tantrums
- Improve their behavior
- Build stronger relationships

If you are looking for a way to help your child learn how to calm down and manage their anger, then you need to check out the new book, **\*\*Kids Chores In Funny Reminders\*\***. This book is a must-have for parents who want to raise happy, healthy, and well-behaved children.

## **Free Download Your Copy Today!**

**\*\*Kids Chores In Funny Reminders\*\*** is available now on Our Book Library.com. Click the link below to Free Download your copy today!

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