



Outsmart Your Worry Tool Kit for Kids. Ages 5-11. Powerful, award-winning solution for anxiety, fear, worry, and stress in children. Elementary School Edition (Cards with Case)

By Tool Kits for Kids

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Worry and anxiety are big problems facing children today. Kids worry about doing well in school, making friends, peer pressure, family conflicts, performance in sports, or moving. They worry about real dangers like kidnapping, illness, and terrorism, as well as imagined dangers such as monsters or the dark. The Outsmart Your Worry Tool Kit for Kids (Elementary School Edition) is an innovative skill-building approach to help children take charge of worry. The Tool Kit teaches children to become stronger and smarter than their worry, think in strong and accurate ways, stop the *What-If's*, and relax their minds and bodies. A rewarding interactive experience between children and parents or adult helpers, this Tool Kit includes 20 powerful tools that are easy for children to learn and remember. Each tool is on a glossy round card with colorful graphics. Adult instructions are on the reverse side of each card. The set of 20 tools comes in a brightly colored, zippered carrying case. Created for children ages 5-11.

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Editorial Review

Review

When kids can't seem to stop worrying, they tend to feel like something is wrong with them, and parents tend to get frustrated. Outsmart Your Worry is an excellent tool to help combat the What-ifs. The kit starts with the idea that the child is the solution, not the problem. Worry is a clever problem, but your child can figure out what the worry is up to, and outsmart it. Tools for coping with anxiety include coming up with a nickname for the worry and drawing it to make it seem less dangerous, talking back to it, breathing and relaxation techniques and setting up worry-free zones and worry-free times of day. Tool Kits come with 20 CD-sized cards in a cool carrying case and are offered in Elementary and High School / Middle School versions. Mom Testers said: The design is cool and hip and attractive to children. The cards are fun to read together (adult and child). It provides a simple reminder on how to help kids worry less and offers them good strategies. --**National Parenting Publications Awards**

My little ones were excited to try out some of the activities in these cool little tool kits! I really love the design and storage cases for these cards. The cards are very durable so I don't have to worry about little hands tearing them. It is great to be able to look at the cards and be able to have a response for my little ones when they are worried about something. Knowing that these tool kits were developed by psychologists, gives me confidence in that the activities have been tested and really do help little ones! It is really amazing how well these little kits do work with kids. We highly recommend these great toolkits! --**Mom Blog Review - All Because Two People Fell In Love**

The new Tool Kit for Kids doesn't have anything you'd find in the local hardware store, but it's got some excellent tools for parents to help their children to deal with what my nine-year-old daughter often calls worries. Tool Kits for Kids is a great resource for parents to engage with their children and talk about their children's concerns in ways that are accessible for kids at an age appropriate level. The multi-card tool kit allows families to find ways to talk about children's concerns on their level -- learning how to IM you brain, instructions on breathing exercises, establishing worry free zones and helping children to use their imagination to conquer the fears that creep in and cause worries. As adults, we struggle with our anxieties, so imagine how much tougher it is for our children to manage the worries that are generated both internally and externally. There are so many things that can make our children anxious; it's a great thing to be able to find a way as a family to teach our children that they can take control of the thoughts that cause them concern about problems we all have to deal with throughout our lives. Being able to give PunditGirl the tools to manage the things that invade her consciousness and cause her angst is something we work on every day. The Outsmart Your Worry Tool Kit for Kids is an easy, affordable way to work with our children on conquering their anxieties in fun ways. After all, being a spy, using popcorn as an anxiety reducing tool and learning how to talk back to our brains can be fun and powerful things to bring to worries down a notch or two.

--**PunditMom Reviews**

About the Author

Tool Kits for Kids creates fun and powerful, skill-building emotional first-aid kits that help children deal with the difficulties and problems they encounter every day. Developed by experts in the field of clinical psychology, Tool Kits for Kids brings children K-12 the best thinking and behavior tools available, into your home or classroom, in a way that is easy to learn and remember. They are for all kids, not just for kids who worry, lack confidence, or must face a difficult challenge. The skills taught in these Tool Kits can help

children navigate their way through the difficulties of life in an ever changing and uncertain world. Tool Kits for Kids products have received several major parenting awards and offer an innovative and exciting way for children and teens to learn important emotional skills that can last a lifetime.

Users Review

From reader reviews:

Tony Paulson:

Book is to be different per grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book Outsmart Your Worry Tool Kit for Kids. Ages 5-11. Powerful, award-winning solution for anxiety, fear, worry, and stress in children. Elementary School Edition (Cards with Case) ended up being making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The book Outsmart Your Worry Tool Kit for Kids. Ages 5-11. Powerful, award-winning solution for anxiety, fear, worry, and stress in children. Elementary School Edition (Cards with Case) is not only giving you a lot more new information but also to become your friend when you sense bored. You can spend your own spend time to read your e-book. Try to make relationship while using book Outsmart Your Worry Tool Kit for Kids. Ages 5-11. Powerful, award-winning solution for anxiety, fear, worry, and stress in children. Elementary School Edition (Cards with Case). You never truly feel lose out for everything in case you read some books.

William Nelson:

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Daniel Hartung:

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