

Coping Skills for Kids Activity Books™

Relaxation Round Up



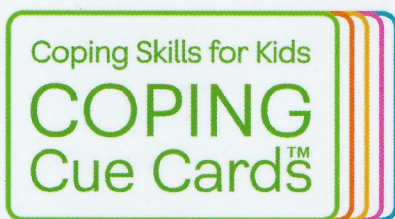
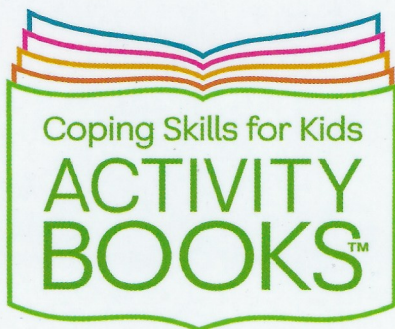
Janine Halloran
LMHC

Coping Skills for Kids™ was founded in 2015 by Janine Halloran, a mom of two and licensed mental health counselor working with families for over 15 years. Understanding the importance of effective tools for kids to manage anxiety, anger and stress, Janine developed the brand based on her own trusted techniques.

Uniquely, Coping Skills for Kids™ brings order to chaos by identifying a coping style – or several – your child or client might relate to most. This method quickly and effectively determines skills that work best, rather than taking a hit-or-miss approach. And, every product in the line is designed to be easily administered by parents, caregivers and professionals alike.

Janine defines five distinct coping styles as Processing, Sensory, Distraction, Relaxation and Movement. Each of these is color-coded and represented by a diverse pair of children who demonstrate their favorite skills.

The Relaxation Round-Up Activity Book in this series helps children explore and practice strategies designed to help them take deep breaths, be mindful, and calm themselves. By coloring, writing, drawing, and using their imagination, they get an opportunity to practice these coping skills so that they can handle stress and anxiety in safe and healthy ways.




Coping Skills
FOR KIDS™

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