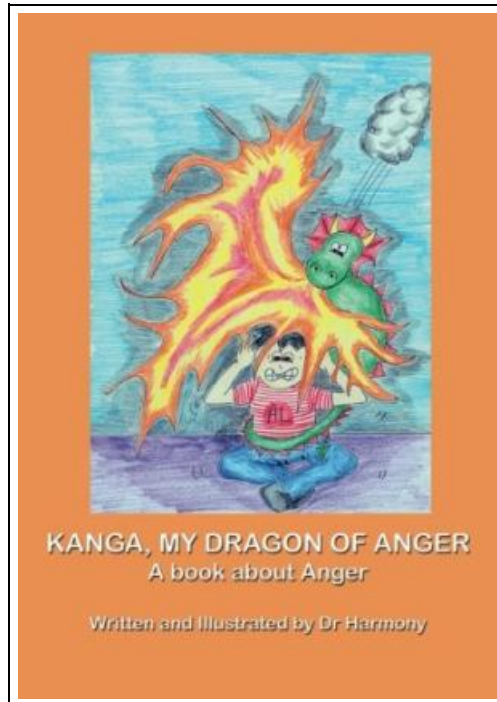


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KANGA, MY DRAGON OF ANGER: A BOOK ABOUT ANGER (PAPERBACK)



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Prosperous Alliance Enterprise Pty Ltd, 2015. Paperback. Condition: New. Doctor Harmony (illustrator). Language: English . Brand New Book ***** Print on Demand *****.When adults are not comfortable talking about and facing uncomfortable feelings, such as anger, it is then difficult for their children to learn how to deal with these feelings constructively. Bottled emotions increase the risk of physical and emotional health problems. Some people turn to drugs and alcohol, comfort-eating, gambling or domestic violence. It also fractures relationships and families. Vast amounts of research suggest that promoting resilience (such as constructive use of our uncomfortable feelings) reduces the risk of children later developing behavioural problems, being bullied or bullying others, having substance abuse, mental illness, suicide and school dropout. Resilience can also promote academic performance and can even improve treatment outcomes in adults with anxiety and depression. Treating emotional and social problems when they have already developed is more difficult and costly than preventing it. We need to be instilling our children with skills early in life to prevent problems from happening. The message is clear: Everyone will be confronted with life challenges and stress, no matter what age. Uncomfortable feelings are also normal. Once we accept this and can identify our feelings, we then have choices about how to deal with them constructively. This empowers children and families, reduces helplessness and brings hope. Resilience is a lifetime priceless gift we can teach our children with endless benefits. All Dr Harmony s books: -Have find the character on each illustrated page; -Rhyme (research suggests rhyming books lead to advanced readers); -Have a fun activities section for children to emphasise the messages of each book; -Have an adults page provides tips to adults to help children to work through each feeling in real-life situations; -Are easy for children to relate...

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