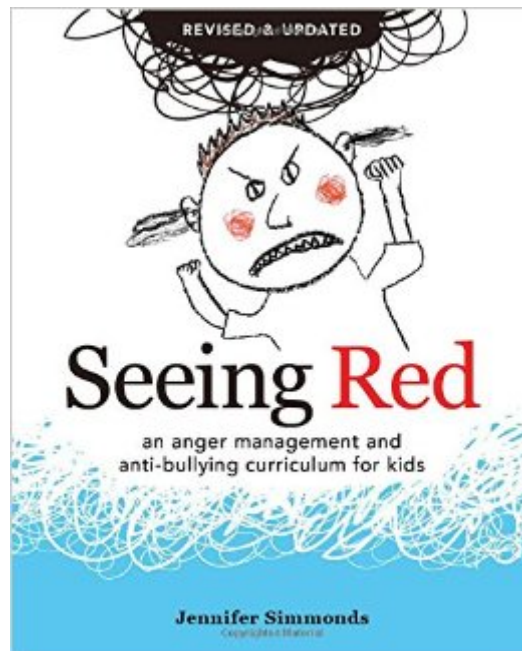


The book was found

# Seeing Red: An Anger Management And Anti-Bullying Curriculum For Kids



## Synopsis

Anger is a natural human emotion, but if it isn't managed properly its effects can be devastating. Seeing Red is a curriculum designed to help elementary and middle-school aged students better understand their anger so they can make healthy and successful choices and build strong relationships. This completely revised and updated edition includes a comprehensive anti-bullying component, complete with cutting-edge material specific to cyber-bullying and social media. Designed especially for use with small groups, Seeing Red enables participants to learn from and empower one another. Its unique group process helps children and teens build important developmental objectives such as leadership skills (taking initiative, presenting in front of the group), social skills (taking turns, active listening), and building self-esteem (problem solving, interacting with peers). Key concepts and activities include: Spotting anger triggers and taking responsibility for mistakes Finding healthy ways to deal with provocation and avoiding losing control Identifying feelings, learning steps to control anger, and exploring consequences Facilitators will learn how to empower participants through role playing; helping them to identify associated feelings and recognize negative behaviors. Each session includes objectives, a list of supplies, background notes and preparation tasks for the leader, a warm-up activity, an explanation of the various learning activities, and a closing activity. See for yourself why Seeing Red remains one of the most highly-regarded resources among professionals in the field of children's anger management. Jennifer Simmonds is lead program coordinator at Youth Grief Services and author of Children in Change.

## Book Information

Paperback: 128 pages

Publisher: New Society Publishers; Rev Upd edition (May 20, 2014)

Language: English

ISBN-10: 0865717605

ISBN-13: 978-0865717602

Product Dimensions: 0.5 x 8 x 10.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #92,730 in Books (See Top 100 in Books) #51 in [Books > Self-Help > Anger](#)

[Management](#) #259 in [Books > Education & Teaching > Schools & Teaching > Counseling](#)

[#5086 in Books > Parenting & Relationships](#)

## Customer Reviews

Great book for counseling. Gives lesson plans, instructions, and activities!

Great book full of wonderful activities

Great ideas for anger management social skills groups.

Accurate, timely delivery. Looks like I can use many strategies in my work with kids!

[Download to continue reading...](#)

Seeing Red: An Anger Management and Anti-Bullying Curriculum for Kids Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Cookbook,Anti Inflammatory Diet Cookbook,Anti-Inflammatory Recipes,Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) A Kids Book About Bullying: Teach Kids How to Deal With a Bully Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies) Anti Inflammatory

Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) The Anger Workbook: An Interactive Guide to Anger Management

[Dmca](#)