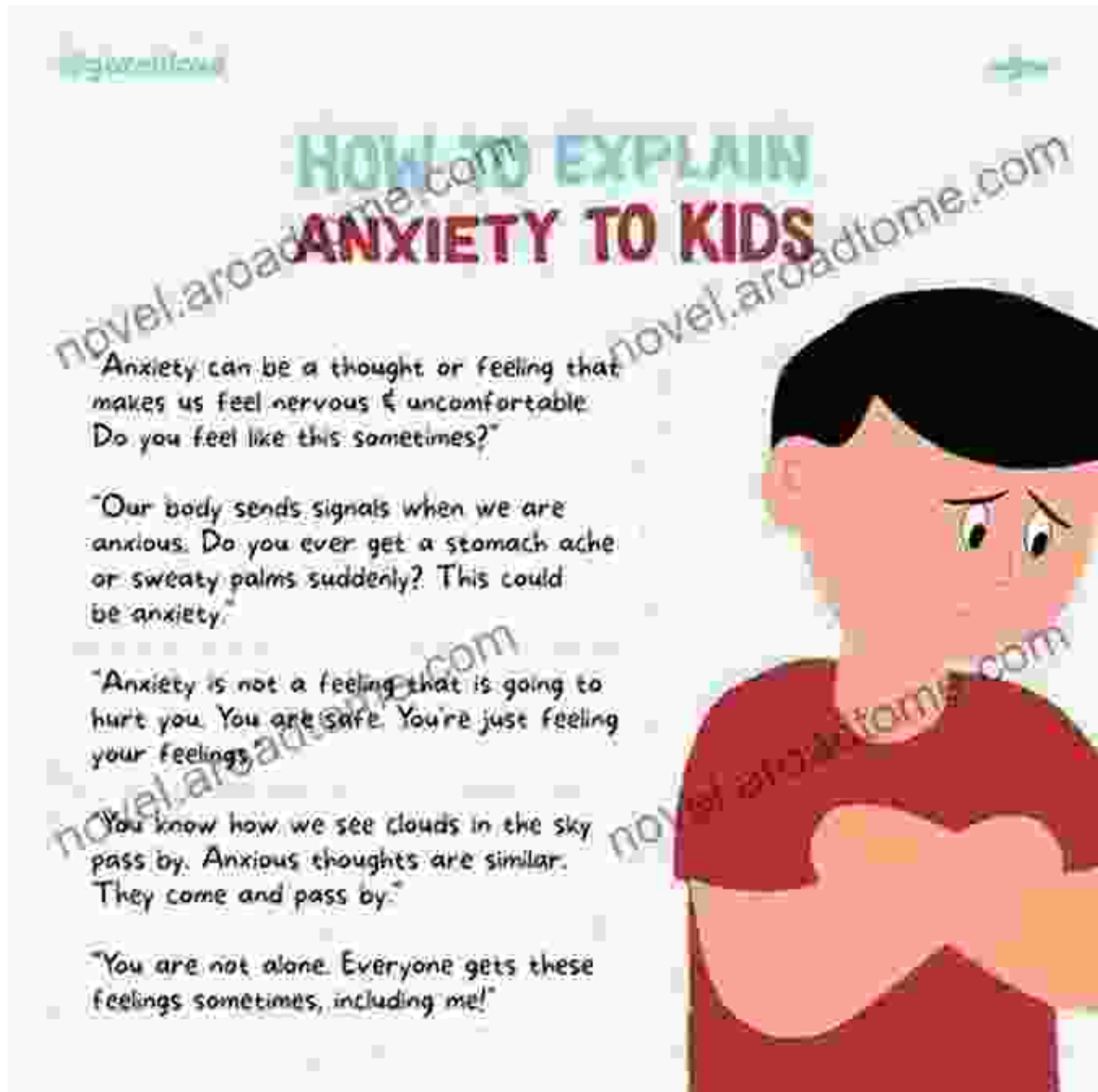


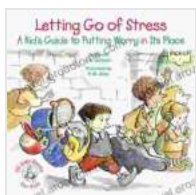
# Kid Guide To Putting Worry In Its Place: Elf Help For Kids



## About The Book

This book is a fun and interactive guide to help kids learn how to manage their worries. It features engaging stories, activities, and tips from Worry Elf,

a friendly elf who helps kids understand their worries and develop coping mechanisms.



## Letting Go of Stress: A Kid's Guide to Putting Worry in Its Place (Elf-help Books for Kids) by Walter Dean Myers

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3451 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 33 pages
Lending	: Enabled



The book is divided into three sections:

- **Section 1: What is worry?** This section helps kids to understand what worry is, where it comes from, and why it's important to manage it.
- **Section 2: How to manage worry.** This section provides kids with a variety of tools and techniques to help them manage their worries, including relaxation techniques, positive self-talk, and problem-solving.
- **Section 3: Putting worry in its place.** This section helps kids to develop a plan for managing their worries and to put them in their proper place.

The book is written in a fun and engaging style that makes it easy for kids to understand and follow. It is also full of illustrations and activities that help to make learning about worry fun.

## Why This Book Is Important

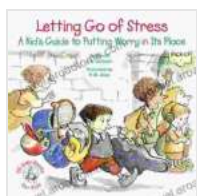
Worry is a normal part of childhood, but it can become a problem when it starts to interfere with a child's daily life. When kids worry excessively, they may have trouble sleeping, eating, and concentrating. They may also avoid activities that they enjoy and withdraw from social interactions.

This book can help kids to learn how to manage their worries so that they can live happy and healthy lives. It provides them with the tools and techniques they need to understand their worries, develop coping mechanisms, and put worry in its proper place.

## Free Download Your Copy Today!

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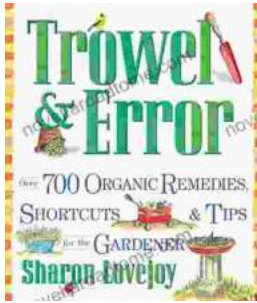
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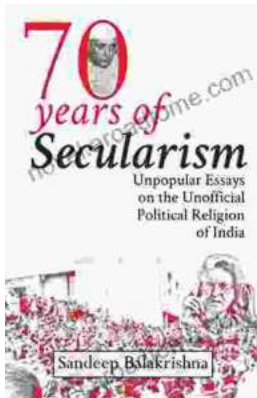
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