

15 Ways to Keep Calm Age 10-12: The Ultimate Guide for Preteens



15 Ways To Keep Calm Age 10-12 by S. Green

★★★★☆ 4.7 out of 5

Language : English

File size : 2496 KB

Screen Reader : Supported

Print length : 24 pages

Lending : Enabled

Hardcover : 166 pages

Item Weight : 14.1 ounces

Dimensions : 6.35 x 0.73 x 9.46 inches



Preteens are faced with a lot of challenges, from schoolwork to social media to peer pressure. It's no wonder that many preteens feel stressed and anxious at times. But there are things that preteens can do to manage their emotions and cope with difficult situations.

15 Ways to Keep Calm Age 10-12 is an essential resource for preteens who are feeling stressed and anxious. This book provides practical and easy-to-follow advice on how to:

- Identify and understand your emotions
- Cope with difficult situations
- Build resilience

The book is divided into three sections:

- **Part 1: Understanding Your Emotions**
- **Part 2: Coping with Difficult Situations**
- **Part 3: Building Resilience**

Each section includes five chapters that provide practical and easy-to-follow advice on how to manage emotions and cope with difficult situations. The book also includes helpful tips and activities that preteens can use to practice the skills they learn.

15 Ways to Keep Calm Age 10-12 is an invaluable resource for preteens who are feeling stressed and anxious. This book provides practical and easy-to-follow advice on how to manage emotions, cope with difficult situations, and build resilience.

What's Inside?

15 Ways to Keep Calm Age 10-12 covers a wide range of topics that are relevant to preteens, including:

- Identifying and understanding emotions
- Coping with stress and anxiety
- Dealing with difficult people
- Managing anger
- Building self-esteem
- Setting goals
- Problem-solving

- Making decisions
- Stress-reducing activities

The book also includes helpful tips and activities that preteens can use to practice the skills they learn.

Why Read This Book?

15 Ways to Keep Calm Age 10-12 is a must-read for any preteen who is feeling stressed and anxious. This book provides practical and easy-to-follow advice on how to manage emotions, cope with difficult situations, and build resilience.

Preteens who read this book will learn how to:

- Identify and understand their emotions
- Cope with stress and anxiety
- Deal with difficult people
- Manage anger
- Build self-esteem
- Set goals
- Problem-solve
- Make decisions
- Practice stress-reducing activities

15 Ways to Keep Calm Age 10-12 is an invaluable resource for preteens who are looking for ways to manage their emotions and cope with difficult

situations.

Free Download Your Copy Today!

15 Ways to Keep Calm Age 10-12 is available now at all major bookstores and online retailers. Free Download your copy today and start learning how to manage your emotions and cope with difficult situations.

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