



The Handbook for Helping Kids with Anxiety and Stress: Featuring Tips for Grown-Ups Who Work with Kids, 34 Practical Strategies & Activities Fro the K

By Kim Frank

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This book provides a collection of practical, easy-to-follow tips and activities to help kids with various types of fears, anxieties and phobias. The first section of the book includes insights, hints and suggestions for helping professionals and parents who are working to help kids learn to cope with their anxiety and stress. The second section is for kids themselves. It includes stories, activities and suggestions that can help kids face such fears as:

- Sleeping alone
- Monsters
- School Phobias
- Bullies
- The Dark
- Test Anxiety
- Germs/Sickness
- Terrorism
- Separating from Trusted Adults
- Being Overwhelmed (too much to do)

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Editorial Review

About the Author

Tip Frank is a Licensed Professional Counselor working as a school counselor and also in private practice. He is also a much sought after motivational speaker. His practice specializes in play therapy for children and adolescents. Tip has been collecting ideas and special activities throughout his career on motivating young people and working effectively with ODD/ADD and other high-risk children and adolescents. Tip has written 6 nationally recognized books.

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