

An Instant Help Book for Parents & Kids

Say Goodbye to Being Shy

A Workbook to Help Kids
Overcome Shyness



40

simple, fun
activities to teach kids to:

- Accept themselves
- Be assertive when necessary
- Make new friends

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Say Goodbye to Being Shy: A Workbook to Help Kids Overcome Shyness, Richard Brozovich, Linda Chase, New Harbinger Publications, 2008, 157224609X, 9781572246096, 115 pages. When is shyness just a facet of your child's personality, and when is it a problem? Even occasional shyness can inhibit your child from making friends, being open to new hobbies and experiences, and performing well in school. This book features more than forty fun activities kids and parents can do together to build confidence and assertiveness, useful attributes with lifelong benefits. The first activity in this book helps you create a reward system to encourage progress as your child learns to move past shyness. The rest of the activities, designed and used by child therapists, help your child become more self-assured and comfortable interacting with others. Your child will learn to: Notice and celebrate small triumphs over shyness in everyday life Relax when they feel anxious Make eye contact Say hi and use welcoming body language to make new friends Speak with confidence .

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Let's Talk about Being Shy , Marianne Johnston, 1996, Juvenile Nonfiction, 24 pages. Introduces the concept of shyness and offers suggestions on how to deal with it..

Let's be Friends A Workbook to Help Kids Learn Social Skills & Make Great Friends, Lawrence E. Shapiro, Julia Holmes, 2008, Family & Relationships, 134 pages. Presents forty activities designed to help children build better social skills, make friends, learn to adapt to changing relationships, cope with rejection and disappointment

How to be a friend a guide to making friends and keeping them, Laurene Krasny Brown, 1998, , 31 pages. Dinosaur characters illustrate the value of friends, how to make friends, and how to be and not to be a good friend..

Finding Sunshine After the Storm A Workbook for Children Healing from Sexual Abuse, Sharon A. McGee, Curtis Holmes, Jul 30, 2008, Family & Relationships, 121 pages. This book contains forty compassionate activities that kids who have suffered abuse can do to raise their self-esteem, establish boundaries, and identify people they can trust

Dealing with Feeling Shy , Isabel Thomas, Jan 1, 2013, Juvenile Nonfiction, 24 pages. Explains what to do when experiencing feelings of shyness..

My Feeling Better Workbook Help for Kids Who Are Sad and Depressed, Sara Hamil, 2008, Family & Relationships, 122 pages. Presents activities based on cognitive behavioral therapy, play therapy, and art therapy to help children explore their feelings and combat the negative self-talk that depletes

Nurturing the Shy Child Practical Help for Raising Confident and Socially Skilled Kids and Teens, Gregory Markway, Gregory P. Markway, Jul 25, 2006, Family & Relationships, 240 pages. A manual for parents of shy children or teens who avoid social situations or experience inordinate levels of stress or self-consciousness when speaking in groups covers such

I Bet I Won't Fret A Workbook to Help Children with Generalized Anxiety Disorder, Timothy A. Sisemore, 2008, Family & Relationships, 138 pages. Dr. Sisemore's book draws on scientifically proven strategies for dealing with childhood anxiety. Each simple activity in this collection helps teach children how to stop

The Selective Mutism Resource Manual , Maggie Johnson, Alison Wintgens, Jun 21, 2001, , 300 pages. Selectively mute children are at a significant disadvantage personally, socially and educationally. This unique manual emphasises practical assessment and treatment and

The Ultimate Teacher The Best Experts' Advice for a Noble Profession with Photos and Stories, , 2009, Education, 278 pages. A gift-appropriate tribute to the unique contributions of teachers shares the uplifting stories of dedicated educators who have overcome a range of difficult challenges in

Shy , Isabel Thomas, Jan 1, 2013, Juvenile Nonfiction, 24 pages. Explains what to do when experiencing feelings of shyness..

