



DOWNLOAD



Zach Gets Frustrated

By William Mulcahy

Free Spirit Publishing Inc., U.S. Hardback. Book Condition: new. BRAND NEW, Zach Gets Frustrated, William Mulcahy, Zach and his family go to the beach, but Zach is having a lousy day. First, he dropped his toothbrush in the toilet. Then his best friend went to someone else's birthday party instead of joining him. But most frustrating of all, he can't get his kite to fly! Zach kicks sand, yells angry words, and asks his dad if they can just go home now. Instead, his dad teaches him a simple, three-step approach to get a handle on frustration and find a way to enjoy himself even when things aren't going his way: 1) name it (why are you frustrated?); 2) tame it (self-regulation exercises such as deep breathing or visualization); 3) reframe it (change your thoughts to change your feelings). The three-point strategy is presented as the three corners of a triangle and is illustrated as the corners of Zach's kite. Easy to understand and easy to remember. Zach Rules Series Zach, his brothers Alex and Scott, and his parents are a typical family. The boys struggle with getting along, frustrations, social issues, and other everyday problems typical with kids ages 5 to 8...



READ ONLINE
[4.58 MB]

Reviews

A new electronic book with an all new standpoint. It usually fails to charge too much. Its been printed in an exceedingly basic way in fact it is simply following i finished reading this book through which basically altered me, affect the way in my opinion.

-- **Dr. Amie Bogisich**

This composed ebook is wonderful. I could comprehend almost everything out of this composed e book. You may like just how the blogger publish this ebook.

-- **Dr. Cesar Marquardt Jr.**

You May Also Like



Zach Apologizes

Free Spirit Publishing Inc., U.S. Hardback. Book Condition: new. BRAND NEW, Zach Apologizes, William Mulcahy, When Zach shoves his little brother to the floor, he knows he did something wrong. Even so, it's hard to apologize--especially when Alex kind of deserved it! Like...



Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English . Brand New Book. This nonfiction picture book is a children's version of NASA astronaut Jerry L. Ross's autobiography, Spacewalker: My Journey in Space...



Read Write Inc. Phonics: Yellow Set 5 Storybook 8 Danny and the Bump-a-Lump (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 174 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Billy & Buddy 3: Friends First

CINEBOOK: The 9th Art Publisher, Canterbury, 2012. Paperback. Book Condition: New. 1st English Edition. 48pp Suitable for: 8+ years. [In stock in Australia now, for immediate delivery]- More hilarious proof that a Cocker spaniel is definitely a boy's best friend. In this...



Scrap

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Scrap, Judy Waite, Ollie Cuthbertson, Lewis hates spending all his free time working in Dad's failing chip shop. He hates that he can't have a dog. He hates that Rachel, the most popular...



The Werewolf Apocalypse: A Short Story Fantasy Adaptation of Little Red Riding Hood (for 4th Grade and Up)

2015. PAP. Book Condition: New. New Book. Delivered from our US warehouse in 10 to 14 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.
