



1-2-3 A Calmer Me: Helping Children Cope When Emotions Get Out of Control

Colleen Patterson

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1-2-3 A Calmer Me introduces readers to a simple rhyming mantra to help children slow down their immediate reactions and replace them with responses that are more comforting. Based on the psychological principles of relaxation and mindfulness, the mantra can be used anywhere, anytime. Includes a Note to Parents, Teachers, and Other Grown-Ups with more information about the steps of the 1-2-3 rhyme and advice for working on them together with your child.

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