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Temper Tamers In A Jar®: Helping Kids Cool Off And Manage Anger



Synopsis

Learn how to calm down and keep your cool in order to control your temper and express your feelings in positive ways. Ages 8-11, 101 cards, 3" recyclable plastic screwtop jar.

Book Information

Series: In a Jar®

Cards

Publisher: Free Spirit Publishing; Cards edition (September 30, 2010)

Language: English

ISBN-10: 1575423596

ISBN-13: 978-1575423593

Product Dimensions: 3.5 x 3.8 x 3.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (130 customer reviews)

Best Sellers Rank: #3,231 in Books (See Top 100 in Books) #30 in Books > Children's Books > Activities, Crafts & Games > Games #72 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 8 - 11 years

Grade Level: 3 - 6

Customer Reviews

This jar seemed like a really great therapeutic resource. It's rated for ages 8-11. Unfortunately most of the scenarios listed on these cards really seem geared toward high schoolers, and it is way over the heads of my middle schoolers and late elementary school kids. I would not recommend this to anyone who works with kids 8-11. I don't get any use out of it unfortunately.

This product is amazing!! I love that the cards are different from each other, with tips, open ended questions and scenarios to act out. It is a great way to engage kids in a discussion about anger and help them adopt new ways to deal with their angry thoughts and feelings. A must have for any therapist! 5 enthusiastic stars :)

This was an experiment to start with and once I used it with a couple of sisters in a session, they thought it was great and wanted to use this activity in another session. It gives great tips and situations that they have to use some critical thinking and problem solving skills. I would recommend

this to counselors and teachers. Thank you.

After just a week of giving "the jar" as an option to my 4 and 6 year olds when they are acting out, they now ask for it! It works in any situation, crying, angry, left out, sad... they ask to choose a temper tamer. By the time we talk through the card they chose, the bad feels or situation is forgotten.

Used this with my 3 kids and it ended up being a very fun game. We were able to discuss alternative responses to difficult situations. Ages of kids were 7, 10, and 14.

Not all my young children clients like these cards. I use them along with commercial board games and have the children answer the questions or read the statements to get them talking. The cards are well thought of.

This product helps with clients who like to role play or have a hard time starting up with the topic -but this product helps them by picking out a question and answering it

Bought these to help me and with difficult clients who exhibited poor coping strategies. The cards are good conversation starters and help the clients with ideas and scenarios

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