



# Stay Cool and In Control with the Keep-Calm Guru: Wise Ways for Children to Regulate their Emotions and Senses

*Lauren Brukner*

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## **Stay Cool and In Control with the Keep-Calm Guru: Wise Ways for Children to Regulate their Emotions and Senses** Lauren Brukner

Meet the Keep-Calm Guru, our expert guide to the art of staying cool, calm, and in control in the face of overpowering feelings!

This illustrated book introduces wise ways for children to recognize and cope with anxiety, anger, frustration, and other difficult emotions. Using everything from yoga poses and pressure holds, to deep breathing and relaxing coloring activities, the Keep-Calm Guru shows kids how to take back control and feel cool, calm, and just right.

Suitable for children with sensory and emotional regulation difficulties aged approximately 7-14 years.

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