



## Somebodyness: A Workbook to Help Kids Improve Their Self-Confidence

By Erainna Winnett

Counseling with Heart, United States, 2014. Paperback. Book Condition: New. 270 x 206 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kids care very much what others think of them and while multiple people may tell them they're wonderful, it's the negative thoughts that often stick. Somebodyness helps kids learn to look beyond the negative opinions of others and start to build a positive image of themselves. They learn how to take their strengths, and even their weaknesses, and focus on them when developing goals and interacting with the world. Ages 7-12, Softcover, 40 pages Other titles available in the Helping Kids Heal Series Saying Goodbye: Memory Book Memories of You: Pet Memory Book Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied Outsmart Test Anxiety: A Workbook to Help Kids Conquer Test Anxiety Better Days: A Workbook to Help Kids Better Understand and Accept Retention A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events Chill Out: A Workbook to Help Kids Learn to Control Their Anger Mom or Dad's House?: A Workbook to Help Kids Cope with Divorce Broken Promises: When Parents Don't Keep Their Word...

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