



Cool Cats, Calm Kids

Mary Williams M.A. M.N.

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Today's children are stressed—they need coping tools that are fun, informative and memorable. *Cool Cats, Calm Kids* is a practical, humorous guide to relaxation and stress management for children ages 7-12. Cats—with their “nine lives”—have learned “nine secrets for keeping cool and calm,” including #1: Take Catnaps (“Learning to Relax”); #3: Hiss...Puff Up! (“Stand up for yourself!”); and #9: Hang in There (“If at first you don't succeed, try, try again...”). In *Cool Cats, Calm Kids* cats are teachers, sharing their own techniques for relaxation and assertiveness. Includes an “Adult Purr-spective” section for parents, teachers, counselors.

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