

**Cool Cats, Calm Kids: Relaxation And
Stress Management For Young People
(Little Imp Books)**

By Mary Williams



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Counselor s Corner April 2011 Cool Cats, Calm Kids: Relaxation and Stress Management for Young People by Mary L. Williams

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skills to manage stress? The Calm Kids Relax with Mindful Activities book & Level 1 of my group is teaching stress management and relaxation.

<http://omazingkidsllc.com/2013/02/16/review-giveaway-calm-kids-help-children-relax-with-mindful-activities-book-level-1-online-course/>

Buy Books online: Cool Cats, Calm Kids: Relaxation and Stress Management for Young People, 2009, ISBN 0915166941, Dianne O'Quinn Burke (Illustrated by) Mary L Williams

<http://www.fishpond.co.nz/Books/Cool-Cats-Calm-Kids-Mary-L-Williams-Dianne-OQuinn-Burke-Illustrated-by/9780915166947>

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Progressive Relaxation Resources. Cool Cats, Calm Kids. Relaxation and Stress Management for Young People.

Written by Mary L. Williams,

<http://kidsrelaxation.com/progressive-relaxation/progressive-relaxation-resources/>

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<http://www.anoka.k12.mn.us/Page/18367>

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<https://www.pinterest.com/krblanco01/cool-calm-collective-kids/>

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<http://www.uen.org/Lessonplan/preview.cgi?LPid=19526>

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<http://www.bellaonline.com/ArticlesP/art57730.asp>

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http://peoplemaking.com.au/book_list.php?topic_id=3&subtopic_id=42

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http://specialneeds4specialneeds.com.au/products1/index.php?main_page=product_info&products_id=199

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<http://www.jacketflap.com/impact-publishers-inc-publisher-3256>

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