

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

**By Mary Williams**



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Emotional and behavioral; Cool Cats, Calm Kids:  
Relaxation and Stress Management for Young People, by  
Mary Williams.

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

By relating the strategies to cat behavior, it helps children to easily remember the "Cool Cats Calm Kids: Relaxation and Stress Management for Young People

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

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

[http://www.bernardsboe.com/UserFiles/Servers/Server\\_3096886/File/www.bernardsboe.com/parents\\_students/friday\\_folders/2010-2011\\_friday\\_folder\\_archives/MP-Guidance\\_Letter-April.pdf](http://www.bernardsboe.com/UserFiles/Servers/Server_3096886/File/www.bernardsboe.com/parents_students/friday_folders/2010-2011_friday_folder_archives/MP-Guidance_Letter-April.pdf)

Get this from a library! Cool cats, calm kids : relaxation and stress management for young people. [Mary L Williams; Dianne O'Quinn Burke] -- Uses cats and their <http://www.worldcat.org/title/cool-cats-calm-kids-relaxation-and-stress-management-for-young-people/oclc/34117261>

A Boy and a Turtle: A Children's Relaxation Story Pub. Cool Cats, Calm Kids: Mary L. Williams. Great stress management tool! 5 out of 6 people found this

<http://www.barnesandnoble.com/w/a-boy-and-a-turtle-lori-lite/1116601556?ean=9780978778149>

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/>

Cool Cats, Calm Kids is a practical yet humorous guide to stress management for childr. Cool Cats, Calm Kids: Relaxation and Stress Management for Young People by;

<http://www.barnesandnoble.com/w/cool-cats-calm-kids-mary-williams/1115231557?ean=9780915166947>

Cool Cats, Calm Kids: Relaxation and Stress Management for Young People. Author: Mary L Williams publisher: Impact Publishers Inc., U.S. number Of Pages: 32 Language <http://vipbook8.com/book/9780915166947/cool-cats-calm-kids-relaxation-and-stress-management-for-young-people>

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Cool Cats, Calm Kids: Relaxation and Stress Management for Young People (Paperback) By Mary Williams Calm Kids: Relaxation and Stress Management for Young People <http://tuubooks.org/booklist/cool-cats-calm-kids-relaxation-and-stress-management-for-young-people-paperback-z461a.pdf>

Peoplemaking focuses on social and emotional learning and mental health and Cool Cats, Calm Kids. Relaxation and Stress Management for Young People Mary Williams [http://peoplemaking.com.au/book\\_list.php?topic\\_id=3&subtopic\\_id=42](http://peoplemaking.com.au/book_list.php?topic_id=3&subtopic_id=42)

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Find cat calming products including Feliway pet medicine for stress reduction and to calm your cat's nerves. Just for kids. <http://www.drsofostersmith.com/cat-supplies/calming-aids/ps/c/3261/11268>

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<http://www.youtube.com/watch?v=VzrHvwWjXEs>

Cool Cats, Calm Kids: A Relaxation and Stress Management for Young People: Mary L Williams: 1996: Relaxation Techniques: The Adventures of the Little Tin Tortoise  
<http://www.playfieldinstitute.co.uk/information/library5.php>

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