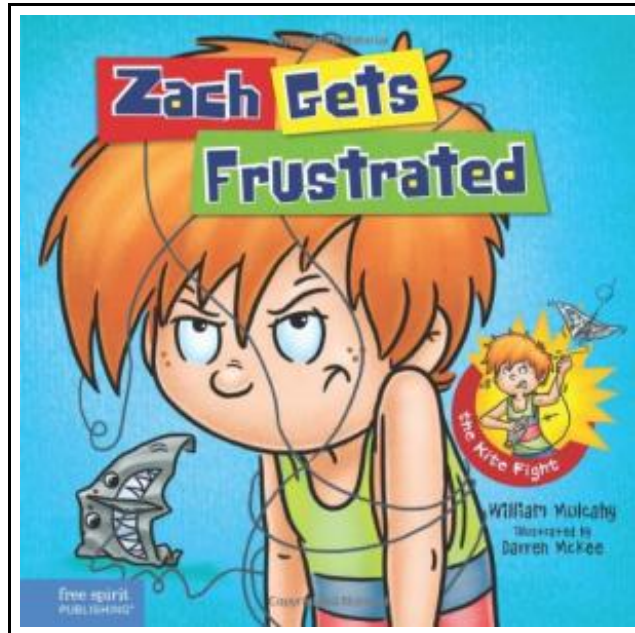


Zach Gets Frustrated



Filesize: 7.54 MB

Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is written in simple words and phrases rather than difficult to understand. You will not really feel monotony at any time of your time (that's what catalogs are for relating to in the event you question me).

(Robyn Nolan)

ZACH GETS FRUSTRATED

[DOWNLOAD](#)

Free Spirit Publishing Inc.,U.S. Hardback. Book Condition: new. BRAND NEW, Zach Gets Frustrated, William Mulcahy, Zach and his family go to the beach, but Zach is having a lousy day. First, he dropped his toothbrush in the toilet. Then his best friend went to someone else's birthday party instead of joining him. But most frustrating of all, he can't get his kite to fly! Zach kicks sand, yells angry words, and asks his dad if they can just go home now. Instead, his dad teaches him a simple, three-step approach to get a handle on frustration and find a way to enjoy himself even when things aren't going his way: 1) name it (why are you frustrated?); 2) tame it (self-regulation exercises such as deep breathing or visualization); 3) reframe it (change your thoughts to change your feelings). The three-point strategy is presented as the three corners of a triangle and is illustrated as the corners of Zach's kite. Easy to understand and easy to remember.Zach Rules SeriesZach, his brothers Alex and Scott, and his parents are a typical family. The boys struggle with getting along, frustrations, social issues, and other everyday problems typical with kids ages 5 to 8. Each book in the Zach Rules series presents a single, simple storyline involving one such problem. The stories are humorous and realistic (these boys are not angels), and Darren McKee's illustrations add a lighthearted, commercial appeal that kids will find familiar and fun. As each story develops, Zach and readers learn straightforward tools for coping with their struggles and growing up healthier--healthier because children who know these skills have the potential for building stronger relationships now and in the future. The tools are presented graphically to make them easier to understand and remember. Kids will enjoy the familiar, funny stories...

[Read Zach Gets Frustrated Online](#)[Download PDF Zach Gets Frustrated](#)

You May Also Like



Zach Apologizes

Free Spirit Publishing Inc.,U.S. Hardback. Book Condition: new. BRAND NEW, Zach Apologizes, William Mulcahy, When Zach shoves his little brother to the floor, he knows he did something wrong. Even so, it's hard to apologize--especially...

[Download ePub »](#)



Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English . Brand New Book. This nonfiction picture book is a children s version of NASA astronaut Jerry L. Ross...

[Download ePub »](#)



Read Write Inc. Phonics: Yellow Set 5 Storybook 8 Danny and the Bump-a-Lump (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 174 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Download ePub »](#)



Billy & Buddy 3: Friends First

CINEBOOK: The 9th Art Publisher, Canterbury, 2012. Paperback. Book Condition: New. 1st English Edition. 48pp Suitable for: 8+ years. [In stock in Australia now, for immediate delivery]- More hilarious proof that a Cocker spaniel is...

[Download ePub »](#)



Scrap

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Scrap, Judy Waite, Ollie Cuthbertson, Lewis hates spending all his free time working in Dad's failing chip shop. He hates that he can't have a dog....

[Download ePub »](#)