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Syndrome (K.I. Al-
Ghani Children's Colour
Story Books) by K.I. Al-
Ghani (2012)
Hardcover Hardcover -
January 1, 1800. by

**The Panicosaurus:
Managing Anxiety in
Children Including ...**

That might be the
Panicosaurus coming
out to play....

Sometimes the

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Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of **Smartosaurus**, who lets her know there is really nothing to be.

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With the help of

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Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her. This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's

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strategies.

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"The Panicosaurus is a

delightful book which

cleverly explains to

children how the brain

works to produce

anxiety and ways they

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can manage and take control of their own level of anxiety. The illustrations are great and the storyline and simple analogies used to explain the parts of the brain vying for control of the body are wonderfully suited to the level of young children with Asperger's syndrome.

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delightful book which cleverly explains to children how the brain works to produce anxiety and ways they can manage and take control of their own level of anxiety. The illustrations are great and the storyline and simple analogies used to explain the parts of the brain vying for control of the body are wonderfully suited to the level of young children with

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Managing Anxiety

The Panicosaurus

The Panicosaurus is a delightful book which cleverly explains to children how the brain works to produce anxiety and ways they can manage and take control of their own level of anxiety. The illustrations are great and the storyline and simple analogies used to explain the parts of the brain vying for

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in Children
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control of the body are
wonderfully suited to
the level of young
children with
Asperger's syndrome.

**The Panicosaurus:
Managing Anxiety in
Children Including ...**

Identifying your
triggers can take some
time and self-
reflection. In the
meantime, there are
things you can try to
help calm or quiet your
anxiety from taking

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over. Here are 11 quick
Managing Anxiety ...

In Children
**How to Cope with
Anxiety: 11 Simple
Ways and When to
See a ...**

With Asperger
Syndrome, K I Al
Char Children
Colour Story
Rocks
If you deal with anxiety
on a regular basis,
medication doesn't
have to be your only
treatment.. To calm
your mind and cut
stress, try working
these self-care tips into
your daily routine:.

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9 Tips for Anxiety Relief & Management

The world is experiencing Generalized Anxiety as a result of the COVID-19 virus.

“Generalized anxiety disorder (GAD)

-despite its name — is a specific type of anxiety disorder. The hallmark ...

The New Normal:

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**Managing Anxiety
During a Pandemic**

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Panicosaurus:
Managing Anxiety in
Children Including
Those with Asperger
Syndrome. An essential
book for all children. It
offers children an
insightful look into
emotions and what to
do when you feel your
'panicosaurus'. For
educators and families
it arms you with
strategies for success.
A much loved book for

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all.”.

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Enter stage right The

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Children Including

Those with Asperger

Syndrome by K.I. Al-

Ghani. This is a terrific

children's picture book

(published in 2013 by

Jessica Kingsley

Publishers) that will

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Panicosaurus
help children who
experience high levels
of anxiety. The book
can be read by the
child or by a teacher or
parent to one or more
children (it would
benefit the whole
classroom).

**The Panicosaurus
Managing anxiety in
children including ...**

“Some therapy can
make a big difference
in managing anxiety
about all kinds of

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things, including the coronavirus," she says. The information in this story is accurate as of press time. However ...

How to Manage Anxiety During Coronavirus Outbreak | Health.com

Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog

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on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her.

**Panicosaurus -
Outside the Box
Learning Resources**

The Panicosaurus,
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Syndrome The
Panicosaurus is a fun,
easy-to-read storybook
providing support for
children who may
experience worries or
anxiety.

**The Panicosaurus -
Quirky Kid Shoppe**

This fun, easy-to-read
and fully illustrated
storybook will inspire
children who

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experience anxiety,
and encourage them to
banish their own
Panicosauruses with
help from Mabel's
strategies. Parents and
carers will like the
helpful introduction,
explaining anxiety in
children, and the list of
techniques for
lessening anxiety at
the end of the book.

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Ghani; Haitham Al-

Ghani]-- Have you

ever felt a sense of
dread and worry

creeping over you?

That might be the

Panicosaurus coming

out to play? Sometimes

the Panicosaurus tricks

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