

AN INSTANT HELP BOOK FOR PARENTS & KIDS

**42 Activities to
Build Resilience**



The **ACT** Workbook for Kids

**Fun Activities to Help You Deal with Worry, Sadness &
Anger Using Acceptance & Commitment Therapy**

Tamar D. Black, PhD

Foreword by Russ Harris

Act Practice Deal

AN Whitehead



Act Practice Deal:

Delve into the emotional tapestry woven by Crafted by in **Act Practice Deal** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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