

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 Tutorial

Yijin Wang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Yijin Wang.

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