

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

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CH Cherryholmes

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the CH Cherryholmes text.

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