



I Am Awesome! A Healthy Workbook for Kids (B&W Interior)

Mary Richards

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***** "I Am Awesome!" Workbooks are available in Full Color or Black & White Interior. Visit my Author page on Amazon for more details.*****

"I Am Awesome! A Healthy Workbook for Kids" was written with the needs of our youth in mind. It was written for both boys and girls, especially the tweens (ages 8-12) and early teens (13-14). The author wrote with the intention of helping this age group develop positive self-esteem. Kids have many physical and psychological changes to deal with while going through puberty, plus they are trying to cope with pressure from family, friends, teachers, coaches, and society in general, to act a certain way, often with mixed messages. This informative and motivating book will help the owner work through several of those challenges.

This workbook can be used alone, in an educational or counseling setting, or can be used by a parent or guardian to help a child. Each of the six chapters of the workbook addresses one of the Six Types of Maturity:

Personal - gaining self-knowledge and self-esteem by trying to work on feeling better about oneself and one's potential.

Emotional - becoming aware of and able to understand and control one's feelings and thoughts; developing a positive outlook on life.

Physical - taking good care of oneself as the body grows and develops, especially in terms of a healthy diet, adequate exercise, getting enough sleep, having good hygiene, and staying safe.

Social - Making and keeping friends; improving communication skills; being at ease with a variety of people.

Intellectual - Understanding the importance of learning about the world around us; gaining knowledge about one's interests; expanding one's creative mind.

Ethical - Developing a sense of right and wrong; deciding how to be perceived; becoming a responsible citizen.

The book also contains an Appendix of Fun Things to Do & Good Things to Know.

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From reader reviews:

Jeremy Smith:

Have you spare time for just a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a wander, shopping, or went to the actual Mall. How about open or perhaps read a book allowed I Am Awesome! A Healthy Workbook for Kids (B&W Interior)? Maybe it is being best activity for you. You recognize beside you can spend your time using your favorite's book, you can better than before. Do you agree with their opinion or you have other opinion?

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The book untitled I Am Awesome! A Healthy Workbook for Kids (B&W Interior) contain a lot of information on the idea. The writer explains your girlfriend idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the item. The book was authored by famous author. The author will bring you in the new era of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice examine.

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Is it an individual who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This I Am Awesome! A Healthy Workbook for Kids (B&W Interior) can be the response, oh how comes? A book you know. You are thus out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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