

Alex And The Scary Things A Story To Help Children Who Have Experienced Something Scary

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Alex And The Scary Things

This is the story of Alex who has experienced 'scary things', and the different things he does to cope with all the ways these scary things make him feel. This gentle storybook will help children who have experienced trauma deal with their emotions and learn coping strategies. Alex is an alligator who has experienced 'scary' things.

Alex and the Scary Things : A Story to Help Children Who ...

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them.

Alex and the Scary Things: A Story to Help Children Who ...

Alex and the Scary Things explains simple and effective coping strategies such as the 5-4-3-2-1 game in a playful and approachable way. This book can jumpstart conversations both with children who have experienced 'scary things' and with any child who is trying to make sense of challenging emotions.

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Alex And The Scary Things - Transfiguring Adoption

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From a scary poltergeist haunting caught on camera to one of the most mysterious videos ever captured, we look at scary things caught on camera. #ScaryThings...

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Alex and the Scary Things: A Story to Help Children Who Have Experienced Something Scary - Ebook written by Melissa Moses. Read this book using Google Play Books app on your PC, android, iOS...

Alex and the Scary Things: A Story to Help Children Who ...

In Alex and the Scary Things, Alex is a smiling green alligator that likes to dance, run and make silly faces. He also likes to eat asparagus, watch cartoons, learn science in school and he is really good at bowling. While we learn that "Some scary things have happened to me (Alex)," the author does not describe what occurred.

Amazon.com: Customer reviews: Alex and the Scary Things: A ...

Alex and the Scary Things | Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes.

Alex and the Scary Things : A Story to Help Children Who ...

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Alex and the Scary Things : Melissa Moses : 9781849057936

Alex and the Scary Things : a Story to Help Children Who Have Experienced Something Scary.. [Melissa Moses: Alison MacEachern] -- Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes. By reading about the different parts of Alex that ...

Alex and the Scary Things : a Story to Help Children Who ...

Alex and the Scary Things: A Story to Help Children Who Have Experienced Something Scary Hardcover – Feb. 21 2015 by Melissa Moses (Author) 4.6 out of 5 stars 19 ratings See all 2 formats and editions

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Alex and the scary things : a story to help children who have experienced something scary. [Melissa Moses: Alison MacEachern] -- This is the story of Alex who has experienced 'scary things', and the different things he does to cope with all the ways these scary things make him feel.

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