



# How to Tame Your Thought Monster: A fun book that will help you learn and grow with your kids!

*Katie McClain*

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## **How to Tame Your Thought Monster: A fun book that will help you learn and grow with your kids!**

Katie McClain

A fun book for parents, kids, and teachers to enjoy together! Create happiness and success with your kids. Teach your kids tools that will help them take responsibility, improve grades, overcome worry & stress, increase happiness and understand bullying so you can stop it before it starts. The fun activities in this full color book will create hours of enjoyment for you and your kids. Teachers, teach the tools to your students and create a common language for a successful thriving classroom. Charlie the Robot, Meet Your Thought Monster, Find Your Feelings, Action Annie and Be the Magician are just a few of the fun and colorful activities you can do with your kids. Exercises for adult and child are side by side in the book so you can work together if you'd like. Bonus exercise are available to download with a link provided in the book. Adults and kids will feel better and improve their confidence when they use the exercises contained in the book. Everyone wins!

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