

# Emotion Fitness for Kids

SETTING KIDS UP FOR THE GAME OF LIFE



DOUBLE BOOK - 2 in 1!  
FLIP IT OVER

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Also by Margaret-Anne Carter EdD.

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# adult SECTION



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# Dedication

To the children, parents, teachers and carers that I have worked with over the past thirty years. You have taken me into the uncharted territory of emotion fitness for children. You have been the inspiration behind this book. I thank you one and all.

The greatest gift you can give a child is the gift of learning how to manage their emotions safely, legally and constructively. Take the time to teach children the emotion fitness tools named in this book. When you do, you are making a positive contribution to how they choose to live their lives.

What a legacy.