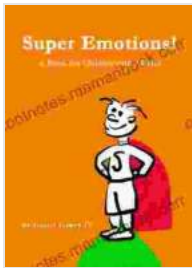


Super Emotions: Helping Children with ADHD Understand and Manage Their Feelings

Children with ADHD often struggle to understand and manage their emotions. This can lead to a variety of problems, including difficulty in school, social isolation, and behavioral outbursts.



Super Emotions! A Book for Children with ADHD

by Cynthia Haney

★★★★☆ 4.3 out of 5

Language : English
File size : 16792 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 20 pages
Lending : Enabled
Screen Reader : Supported



Super Emotions is a program that can help children with ADHD learn how to identify, understand, and regulate their emotions. This program is based on the latest research on ADHD and emotion regulation, and it has been shown to be effective in helping children improve their emotional functioning.

Benefits of Super Emotions

The Super Emotions program has a number of benefits for children with ADHD, including:

- Improved emotional understanding and awareness
- Increased ability to regulate emotions
- Reduced behavioral outbursts
- Improved social skills
- Increased academic success

How Super Emotions Works

The Super Emotions program is a comprehensive program that includes a variety of components, including:

- Educational materials about emotions
- Activities to help children identify and understand their emotions
- Strategies for regulating emotions
- Role-playing and other activities to practice emotional regulation skills

The Super Emotions program is typically delivered in a group setting, but it can also be adapted for individual therapy. The program is typically 10-12 sessions long, and each session lasts for about an hour.

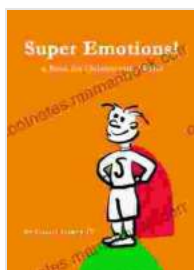
Getting Started with Super Emotions

If you are interested in learning more about the Super Emotions program, you can visit the website at www.superemotions.org. You can also find the program on social media at @superemotions.

If you are interested in having your child participate in the Super Emotions program, you should talk to your child's doctor or therapist. They can help

you determine if the program is right for your child and can help you get started.

The Super Emotions program is a valuable resource for children with ADHD who are struggling to understand and manage their emotions. This program can help children improve their emotional functioning and overall well-being.



Super Emotions! A Book for Children with ADHD

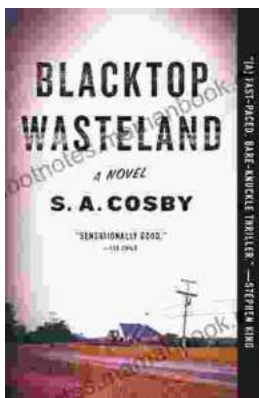
by Cynthia Hanevy

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