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Rx For Stress In A Jar®: Tips For Less Stress In Your Life



Synopsis

Ideas and activities you can use to deal with the stress you are feeling about friends, school, or things happening at home. Ages 8 & up, 101 cards, 3" recyclable plastic screwtop jar.

Book Information

Series: In a Jar®

Cards

Publisher: Free Spirit Publishing; Crds edition (September 30, 2010)

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Product Dimensions: 3.2 x 3.5 x 3.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (18 customer reviews)

Best Sellers Rank: #198,417 in Books (See Top 100 in Books) #41 in Books > Teens > Hobbies & Games > Games & Activities #170 in Books > Teens > Personal Health

Customer Reviews

This is probably my most-used therapy tool I have right now. It has been great in individual, group, and family sessions with clients of all ages. One technique I like to use is pulling out specific cards as I meet with an individual without drawing attention to them. At the end I will show the cards I pulled which are all the skills that I noticed that client using in that session (there is always at least one because one card is "meet with a counselor"). The kids are really into them and it starts lots of good discussion.

Great for older kids and adults. Most of my clients will pick and choose what card relates to their lives. Great ice breaker tool as well

Love these jars. They are great for guidance activities or individual counseling. I love to have them around as an ice breaker as well.

If one way doesn't work for you, there are many more to try. Lots that are instantly helpful, some that give you skills, a couple yoga poses, a couple acupressure points. Predominantly just ideas to be rid of stress fast. Even more fun when you read them with a buddy. (Parent, Child, Staff, etc.)

I gave this to my cousin, who is a school counselor in a rough part of town. She says her kids absolutely love this game. I personally haven't seen the product, but she raves about it so I am giving it a 5 star rating.

100 cards total in a can about the same size as a medium sized jar of Noxema...yes, there are some great suggestions for dealing with stress, however, I would have made this a five star review if the jar would have come with ideas for games to play with these cards...Don't get me wrong, I came up with my own game, but I would think the manufacturer would at least include an idea or two...c'mon, throw us a bone here!

Great way to prompt kids to talk. I wouldn't recommend it all time because kids tend to shy away from it.

Purchased for counselors working with students. Wonderful item!

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