



The Bubblegum Guy: How To Deal With How You Feel (Lucky Duck Books)

Joost Drost

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'the book is well set out and the activities are easily accessible. It is a practical resource that can provide the basis for whole class or individual work on managing anger and improving self-control. I am sure it will prove to be a useful addition to the growing library of resources around the area of emotional development' - *Special!*

'This is an excellent book, which would allow a parent, carer or teacher to work through a series of exercises designed to help children learn to control their anger. Exercises could be taken out and used individually, alongside other interventions if required. The book is nicely structured, with a story used to frame each of the different stages of skill development. The authors have provided good explanations for adults reading the book about each exercise, and working as a parent or a teacher is differentiated to enable easier use. Although aimed mostly at children under 12, some of the exercises might be adapted successfully for young people above this age' - *Youth in Mind*

'This is a valuable resource (with much copiable material) founded on the need for each young person, and those supporting them, to concentrate on individual personal needs. The book is full of respect, insight, patience and realistic optimism' - *TES Extra, Special Needs*

'These street-wise, cool kids enjoyed reading the story. They wanted to go straight through the story first (this surprised me). They wanted to keep the work and activities very private... they really seemed to need quiet reflection time' - *a teacher who trialled the materials with a group on anger management*

Based on work done in a school in Essex, a heart-warming story that young people will associate with and reflect on. Bubble Gum Guy can't control his temper. When his feelings become too strong he covers all those around him with sticky yuck. This engaging story follows Guy on his journey of discovery to find ways of controlling his emotions. There are complete notes for school or home use and each part of the story is accompanied by a variety of interesting activities and worksheets.

This book helps young people to:

- learn to control their emotions
- express themselves in acceptable ways
- feel better about themselves
- lead happier lives

The story, illustrations, worksheets and activities can be printed in colour from the accompanying CD-ROM.

This book is suitable for class, small group or individual work with children aged nine to 13, and is also suitable for parents to use with their children.

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