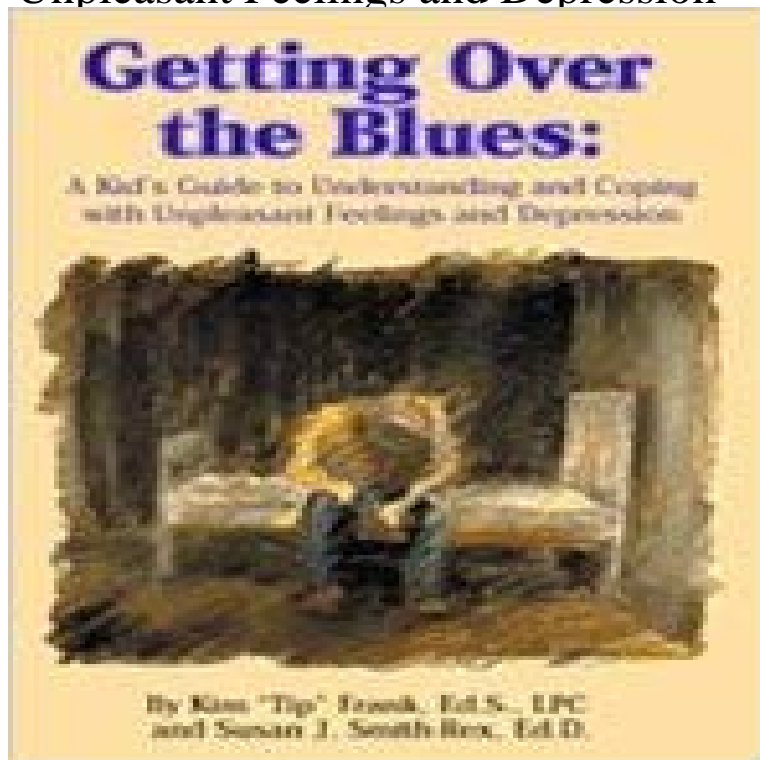


Getting Over the Blues: A Kids Guide to Understanding and Coping with Unpleasant Feelings and Depression



Understand the relationship between feelings and behaviours. Children learn they have a choice in how they react to their feelings, and how to cope more effectively with negatives.

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