



Le bien-être de mon enfant - Gestion des émotions (French Edition)

Gilles Diederichs

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Faites le plein d'idées pour un enfant épanoui ! Mimes, courses d'obstacle, jeux de rôle, dessins, musicothérapie, expression corporelle..., 35 exercices ludiques et tout simples pour aider votre enfant à surmonter ses émotions négatives.

Les enfants ne savent pas toujours contrôler les émotions qui les submergent. Exprimer leur ressenti, quelle que soit l'émotion — colère, tristesse, peur, joie —, leur permet de se libérer de ce qui les traverse. Avec des activités faciles à faire à la maison, ils comprennent les raisons d'un comportement, ce qui les aide à ne pas rester bloqués et donc à aller de l'avant. Pour chaque activité, deux parties distinctes : d'abord l'enfant lit les étapes du jeu et ses variantes puis les parents découvrent les bienfaits apportés à l'enfant.

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