

How To Hug A Porcupine Eding June Ellis Debbie Joffe

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No Hugs for PorcupineHow to Hug a Porcupine: Negotiating the Prickly Points of the Tween YearsIt's Hard to Hug a PorcupineHow to Hug a
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a child figures out the best way to hug a porcupine as he watches his friends hug other animals

environmental songs for young people

as seen on tiktok discover 101 easy communication strategies for dealing with difficult people at home at work and in your community learn to calm the quills
of difficult parents children colleagues and even strangers most of us know someone who always seems to cause problems or irritate others the truth is these
troublemakers haven't necessarily asked to be this way sometimes we need to learn new approaches for dealing with the difficult people who are harder to get
along with or love this concise guide explains that making peace with others isn't as tough or as terrible as we think it is in 101 useful tips it shows you how to
love and manage the prickly people in your life whether you want to calm the quills of difficult parents children siblings or even strangers since going viral on

tiktok thousands of people have discovered the power of dr debbie joffe ellis practices with a foreword by ellis herself how to hug a porcupine is a modern classic that will help you resolve conflicts communicate effectively and lead life with greater patience empathy and kindness

in our daily lives we often encounter people who cause problems irritate or incite conflict in short the emotional porcupines how do we deal with such difficult people or love them without getting hurt how to hug a porcupine provides powerful recommendations helpful tips and plausible explanations for handling the prickliness in others parents siblings children colleagues in laws strangers and us the book provides powerful recommendations which gives us hope that handling embracing and surviving such personalities is not as difficult as we think it is from ending an argument with prickly people to understanding our own prickliness how to hug a porcupine is for those who want to lead a peaceful life with the porcupines

innovative and refreshing strategies for how to love understand and communicate with difficult people at home at work and in your community most of us know someone who for whatever reason always seems to cause problems irritate others or incite conflict often these people are a part of our daily lives the truth is that these troublemakers haven't necessarily asked to be this way sometimes we need to learn new approaches to deal with people who are harder to get along with or love how to hug a porcupine explains that making peace with others isn't as tough or terrible as we think it is especially when you can use an adorable animal analogy and apply it to real life problems whether you want to calm the quills of parents children siblings or strangers how to hug a porcupine provides useful tips for your encounters with prickly people such as three easy ways to end an argument how to spot the porcupine in others how to spot the porcupine in ourselves with a foreword by noted psychotherapist dr debbie ellis widow of dr albert ellis how to hug a porcupine is a truly special book

when a shy porcupine named percy joins the class the other animals must learn how to be kind and patient without hurting each other due to his pointy quills this heartwarming children's book presented in both english and simplified chinese explores themes of empathy acceptance and finding special ways to connect even when faced with challenges join percy benny bunny and lizzy lizard as they navigate playtime lunchtime and everyday school life discovering that friendship can grow with kindness patience and care

embrace what makes you unique and encourage compassionate friendships with porcupine and armadillo in this delightful picture book that makes a great gift for valentine's day or for any day when a hug or kiss is needed poor porcupine just cannot be hugged his quills are too spikey each night before settling down to sleep all of porcupine's forest friends hug each other goodnight all except porcupine who feels left out and grumpy but when armadillo shows him what a warm fuzzy kiss is even for a porcupine porcupine is delighted and cannot wait to show his friends with adorable art zoe waring's story of making the most out of your physical limitations is sure to win hearts no hugs for porcupine is filled with love and friendship and is the perfect gift for valentine's day or any day that requires a hug and a kiss

you never listen to anything i say yesterday your child was a sweet well adjusted eight year old today a moody disrespectful twelve year old what happened and more important how do you handle it how you respond to these whirlwind changes will not only affect your child s behavior now but will determine how he or she turns out later julie a ross executive director of parenting horizons shows you exactly what s going on with your child and provides all the tools you need to correctly handle even the prickliest tween porcupine find out how other parents survived nightmarish tween behavior and still raised great kids break the nagging cycle give your kids responsibilities and get results talk about sex drugs and alcohol so your kid will listen discover the secret that will help your child to disregard peer pressure and make smart choices for life this excellent book lets parents peek into the underlying confusing thoughts and perplexing decisions that young tweens are constantly facing ralph i lópez m d clinical professor of pediatrics cornell university and author of the teen health book

it is hard for priscilla porcupine to attend parties with her friends because her prickly quills ruin the fun and hurt people sadly she decides to retreat to her den because she doesn t want to hurt anyone else but she is hurting too so her friends put their heads together and collect items from the forest to create a soft coat priscilla can wear in public priscilla is overjoyed and grateful for the kindness of her friends the story of priscilla porcupine and her friends reminds readers that friends who struggle to fit in are often the ones who need kindness most

how to love the difficult people in your life most of us know someone who for whatever reason always seems to cause problems irritate others or incite conflict often these people are a part of our daily lives the truth is that these trouble makers haven t necessarily asked to be this way sometimes we need to learn new approaches to deal with people who are harder to get along with or love how to hug a porcupine easy ways to love difficult people in your life explains that making peace with others isn t as tough or terrible as we think it is especially when you can use an adorable animal analogy and apply it to real life problems how to hug a porcupine provides tips for calming the quills of parents children siblings strangers and other prickly people you may encounter among other tips how to hug a porcupine includes three easy ways to end an argument how to spot the porcupine in others how to spot the porcupine in ourselves with a foreword by noted psychotherapist dr debbie ellis widow of dr albert ellis how to hug a porcupine is a truly special book

percy the hard to hug porcupine is a story about learning to control feelings of anger and stress percy a young porcupine was known for being prickly and angry he found it hard to make friends with his quills always poking out follow percy in his journey as he learns to control his emotions and become the happiest little porcupine ever

an illustrated children s book to help parents teach their children how to establish proper boundaries various animal characters are illustrated to help teach the story

mistaken for being mean and unfriendly stella is too shy to make friends will stella ever get the nerve to make friends or will someone be willing to help stella

overcome her fear

tommy is having a bad day again his mom only wants to hug and love him but lately that has seemed impossible then his mother discovers a porcupine in their house and suddenly hugging tommy seems possible again will tommy's mom be able to hug him again or will she have to keep trying to hug a porcupine find out in the story today i hugged a porcupine

use the therapeutic potential of art to make progress in your practice artful therapy shows you how to use art to make a difference in therapy using visual imagery and art creation you can help people with medical problems understand how they feel about their illness victims of abuse tell without talking and substance abuse and eating disorder clients tap into unresolved issues these are just a few examples of how the power of art can improve your practice ideal for mental health professionals and allied workers with little or no art background this accessible and proven guide takes you through the techniques of using art and visual imagery and shows you how they can benefit clients of varying ages and abilities with the art therapy tools provided you can open potentially groundbreaking new dialogues with your clients author judith aron rubin draws on more than forty years experience as an art therapist to help you maximize the value of art as a therapeutic tool in both the mental health disciplines such as psychology and social work and related specialties an accompanying dvd contains models for practitioners showing art therapy being used in actual clinical practice the dvd clearly models initiating the art making process using art in assessment using mental imagery with or without art implementing other art forms such as drama and music in therapy using art with a variety of client types including children families and groups assigning art as homework whether or not you have used art therapy with your clients or are thinking about integrating art therapy in your practice making the most of art in the clinical setting begins with artful therapy

perry the porcupine loves to give hugs he likes to get them too with his big quills sticking out a lot of animals don't know what to do everyone deserves a hug even porcupines with long prickly quills this persistent porcupine loves to give hugs but he's got one problem his quills what is a porcupine to do inspiring in the way he and his friends solve this problem perry will warm your heart as much as teach about positivity and positive thoughts for everyone filled with high frequency sight words this rhyming picture book will uplift your child's day as well as help them learn the building blocks for reading promotes happiness and positivity within themselves inspires empathy and inclusion written in verse with a rhythmic flow to capture young listeners attention and give early readers confidence lovely colourful images that complement the texts to aid reluctant readers helps early readers recognise and remember high frequency sight words which are highlighted in the book

polly the porcupine is a fun loving creature who simply wants to give hugs to friends she meets polly embarks on a journey and discovers that meeting friends is more difficult than she thinks with an unexpected encounter on a beach polly gets an opportunity to have her wish come true with the help of a wise friend her problem is solved in an unexpected way

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