



No More Stinking Thinking: A Workbook for Teaching Children Positive Thinking

Joann Altiero

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'This workbook, developed after 23 years of work with children, is designed to help children change their 'stinking thinking.' 'Stinking Thinking' are ways children think that cause them to be anxious, depressed, angry, guilty, frustrated, embarrassed, insecure, or jealous. The exercises help children ages 6 to 12 years develop cognitive skills, positive thought patterns, and resilience to cope with daily hardships. The wizard theme is attractive to children and encourages them to interact with parents or therapists as they practice the concepts. Therapists and parents will find this workbook user-friendly, attractive, and fun. It is a valuable adjunct to cognitive behavioral approaches. Children are fascinated with wizards and enjoy the exercises.' - Virginia Child Protection Newsletter 'This ingenious workbook, designed for use by psychologists, teachers or parents, is highly visual and interactive and could beneficially be used with individuals and groups of children. Based on the CBT approach, it encourages children to explore their negative thinking patterns which in turn enhances their ability to cope with daily challenges. The author has cleverly used the world of magic as a backdrop to each session, and children are enticed to become "super thinking wizards" as they learn to outsmart negative thinking.' - The Psychologist 'Joann Altiero's No More Stinking Thinking is a workbook for parents, teachers and therapists to teach children how to develop the cognitive skills and resilience that will help them to cope with daily adversity, including criticism, disappointment and bullying. Each lesson explains a different type of "stinking thinking" - from ignoring the big picture or jumping to conclusions, to making a big (or little) deal out of something - and teaches children how to spot and combat it. The book aims to teach children about the power of positive, healthy and confident thinking and assertive behaviours. A final "exam" and a graduation certificate are included. No More Stinking Thinking is accessible and fully interactive and an ideal tool for helping children develop positive thinking in an imaginative and exciting way.' - Afasic News 'This workbook aims to help those working with children teach positive thinking. Simple exercises encourage children to think about any negative views they may have about themselves and address them. Each chapter looks at a particular problem, for example jumping to conclusions. There are fun activities as well as exercises to summarise what has been learnt and children can work towards becoming a Super Wizard Thinker.' - ChildrenNow 'This book is written to help children combat negative thinking. The children work through the book with you and become a wizard of positive thinking! The idea of the book is very good and is written in a very light hearted manner. I would recommend this book to anyone who feels their child needs some help feeling good about themselves.' - www.ncma.org.uk 'This book is a workbook for parents/carers and children to encourage positive thinking. It is written in a friendly style, which makes it easy for children to follow. I particularly liked the lay out, it is in 6 chapters for steps to positive thinking and the pages are clearly laid out with lots of pictures and activities and spaces to draw your own pictures. The pictures complement the text well and make the chapters more fun. The activities are easy for the children to follow as well as making them think about what they have just read. I shall be using it in my setting and would recommend it to other childminders.' - National Child-Minding Association 'I think this workbook would be a useful resource for professionals, in particular teachers, who could use the exercises as discussions points when working with a group of children.' - Adoption-net.co.uk How can children learn to combat negative thinking in a fun and constructive way? By applying to be a wizard of positive thinking, of course! Joann Altiero's No More Stinking Thinking is an easy-to-use workbook for use by parents, teachers, and therapists to teach children how to develop the cognitive skills and resilience that will help them to cope with daily adversity, including criticism, disappointment and bullying. Each lesson in this mental health "wizard class" explains a different type of

"Stinking Thinking" - from ignoring the big picture or jumping to conclusions to making a big (or little) deal out of something - and teaches children how to spot and combat it. They are drawn into a magical world where they learn about the power of positive, healthy and confident thinking and assertive behaviors as they defeat the evil Lord Stinker and become "Super Thinking Wizards." Exercises, a final "exam," and a graduation certificate are included. Accessible and fully interactive, No More Stinking Thinking is an ideal tool for helping children develop positive thinking skills in an imaginative and exciting way.

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