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## The Cat s Got My Tongue- A Book about Shyness and Performance Anxiety (Paperback)

By Doctor Harmony

Prosperous Alliance Enterprise Pty Ltd, United States, 2015.

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Discover how Sal s pet cat, Matt, makes her feel nervous, shy and tongue-tied in this fun, rhyming educational book. Is she the only one who has a pet cat like Matt? Find out how she learns to live with Matt and build her confidence! Can you find Matt, hiding on each page? Kids, try out the fun activities in the back of the book to learn more about dealing with Matt. There is also a useful adults page at the end of the book to guide discussion with children about shyness and performance anxiety and managing it in constructive ways. The Cat s Got My Tongue- A book about Shyness and Performance Anxiety is one of four books in The Building Resilience picture book series. This series gives children, teachers and parents advice on how to deal with common situations and uncomfortable feelings. It also encourages parent-child discussion about difficult topics. Some topics (feelings and even common life events such as death) are traditionally taboo or are challenging for adults to talk...



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