

# Happy Family Toolkits



## Games and Activities that Reduce Stress and Add Joy

### What are Happy Family Toolkits?

Non-traditional circulating items that meet common parenting needs or aim to develop skills that lead to well balanced, emotionally happy children.

They are items that can be shared or enjoyed by the whole family.

*To learn more about these items, including circulation information, ask the Jr. Room front desk .*

### List of Items Available to Circulate:

- Temper Tamers in a Jar
- Rx for Stress in a Jar
- What Would You Do? In a Jar: Daily Dilemmas for Young Children
- Mad Dragon: An Anger Control Card Game
  - Family Talk 2
- The Art of Children's Conversation
  - Give Me 5 Social Skills Game
  - Race to the Treasure!

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