



# **Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself**

*Scott Cooper*

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What if every kid had a handy toolbox of ways to get along with others? That's just what this book is: a collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments and fights, halt bullying, and beat unhappy feelings. Like the Mighty Might, which takes all the fun out of teasing. And the Thought Chop, which helps kids resist self-defeating thoughts. And the Squeaky Wheel, a type of persistence that gets results. And the Coin Toss, a simple way to resolve small conflicts. Each tool is clearly described, illustrated with true-to-life examples, and accompanied by dialogue and lines kids can practice and use. Stories and anecdotes show each tool in action. A terrific resource for any young person and any adult committed to teaching social skills. Includes a note to adults.



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