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## AUTISM PLAYBOOK FOR TEENS: IMAGINATION-BASED MINDFULNESS ACTIVITIES TO CALM YOURSELF, BUILD INDEPENDENCE, AND CONNECT WITH OTHERS



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others, Irene McHenry, Teens with autism have the potential to be excellent actors. They are natural observers-able to study, imitate, and learn social behavior. The Autism Playbook for Teens is designed to bolster these strengths with mindfulness strategies and roleplaying scripts, while also helping teens reduce anxiety, manage emotions, be more aware in the present moment,...

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- Authored by Irene McHenry
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