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Autore	Pryce Tony
Titolo	Circle time sessions for relaxation and imagination [[electronic resource] /] / Tony Pryce
Pubbl/distr/stampa	London, : Paul Chapman, 2007
ISBN	1-4462-1333-1 1-282-56005-0 9786612560057 1-84860-553-6
Descrizione fisica	1 online resource (95 p.)
Collana	Lucky Duck Books
Disciplina	370.114 370.153
Soggetti	Self-esteem in children - Study and teaching (Elementary) - Great Britain Self-esteem in children - Study and teaching (Secondary) - Great Britain Personality development - Study and teaching (Elementary) - Great Britain Personality development - Study and teaching (Secondary) - Great Britain Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"A Lucky Duck book."
Nota di bibliografia	Includes bibliographical references (p. 88).
Nota di contenuto	Cover; Contents; Foreword; Introduction; A Relaxation Exercise; Row Your Boat; The Giant Within; The House That Peace Built; Mirror Mirror on My Wall; The Happy Forest; Sky Dance with An Eagle; Butterfly Valley; Thought Ballons; Roar Of The Crowd; Quick Fixes and Tune-ups; Bow And Arrow; The Tap; Receptive Hands; Tests And Exams; Start of Day Positive Focus; Ball Of Light; From Buds To Flowers; Bibliography
Sommario/riassunto	Using the popular technique of 'circle time', this book provides a range of exercises to promote relaxation, inner confidence and a positive sense of self through the use of visualization. The exercises are accompanied by questions, discussion prompts and worksheets.