

1. Record Nr.	UNINA9910459241103321
Autore	Plummer Deborah
Titolo	Helping children to cope with change, stress and anxiety [[electronic resource]] : a photocopiable activities book / / Deborah M. Plummer ; illustrations by Alice Harper
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley, 2010
ISBN	1-282-76731-3 9786612767319 0-85700-366-6
Descrizione fisica	1 online resource (146 p.)
Altri autori (Persone)	HarperAlice
Disciplina	155.418
Soggetti	Anxiety in children Stress management for children Change Play therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Being there: interacting mindfully -- Skills for life -- Coping with change -- Coping with stress -- Coping with anxiety -- Moving on.
Sommario/riassunto	Plummer offers over 100 activities aimed at helping children to build emotional resilience. With a mixture of short, snappy activities and longer guided visualizations, these exercises are suitable for use with individuals or groups, and many are appropriate for use with children with complex needs or speech and language difficulties.