

1. Record Nr.	UNINA9910480647703321
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Titolo	Social skills for kids : over 75 fun games & activities for building better relationships, problem-solving & improving communication // Janine Halloran, MA, LMHC
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI Publishing & Media, , [2018] ©2018
ISBN	1-68373-147-6 1-68373-146-8
Descrizione fisica	1 online resource (187 pages) : illustrations
Disciplina	303.69
Soggetti	Conflict management Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Copyright -- About The Author -- Dedication -- Table of Contents -- Introduction -- Chapter 1: Listening -- Stand Up Sit Down Game -- The Rain Game -- Tell a Story -- Mindful Listening Activity -- Begin with the End -- Chapter 2: Following Directions -- Color and Create a Paper Airplane -- Red Light, Green Light, Purple Light, Blue Light -- Live Action Board Game -- Partner Drawing -- Follow the Steps -- Chapter 3: Problem-Solving -- Creative Problem-Solving Prompts -- Newspaper Tower Challenge -- Make a Solution Wheel -- Make a Maze with Straws -- Paper Plate Challenge -- Chapter 4: Flexibility -- Invitation to Create -- Flexible Thinking with Silly Putty -- New Rules for Old Games -- Think Outside the Box -- Combine and Play -- Chapter 5: Working Together -- Make a Working Catapult -- Make a Balloon Rocket -- Treasure Hunt -- Stack the Cups -- Keep the Ball Up -- Chapter 6: Taking Turns -- DIY Memory Game -- Make a Crazy Creature -- Group Drawing -- Balloon Tennis -- Mirror Mirror -- Chapter 7: Communication -- Question Box -- Interview -- People Bingo -- Communicate Without Speaking -- Change the Emphasis, Change the Meaning -- Chapter 8: Personal Space -- Make an Obstacle Course -- Rabbit Hole Game -- Newspaper Dancing -- Walk and Stop -- Hip Ball Race -- Chapter 9: Being Kind -- Kindness Wall -- Make a

Puzzle and Give It Away -- Thank You! -- Acts of Kindness -- The Domino Effect - Pay It Forward -- Chapter 10: Feelings Identification -- Make Your Own Feeling Faces Chart -- Mixed Up Emotions -- Chain of Feelings -- Beanbag Feelings Game -- Emotion Animal Charades -- Chapter 11: Coping with Feelings -- Deep Breathing Die -- DIY Calming Jar -- Make Cloud Dough -- Mindful Senses -- Calm Down Kit -- Chapter 12: Self-Regulation -- The Pink Panther Game -- Night at the Museum -- Freeze Dance -- Relay Races -- DIY Scratch Art. Chapter 13: Respect Yourself and Others -- Chrysanthemum and The Wrinkled Heart Activity -- Think Before You Speak Toothpaste Activity -- Cotton vs. Sandpaper Words -- Compliment Chair -- Positive Thoughts Jar -- Chapter 14: Taking Someone Else's Perspective -- Shoes Activity -- What Would You Do? -- Finish the Squiggle -- Copy the LEGO Creation -- Make Your Own Comic Strip -- Chapter 15: Picking Up on Clues -- Decode the Message -- Secret Positive Messages -- What's Missing? -- DIY I Spy -- One Change -- Resources -- Favorite Group Games -- Great Group Activities -- Books to Read -- Other Resources/Ideas -- Bibliography.
