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Autore	Robinson George <1945->
Titolo	Keep your cooooooool! [[electronic resource]] : stress reducing strategies for Key stage 2 & 3 // George Robinson and Tina Rae ; illustrated by Tina Rae
Pubbl/distr/stampa	Bristol, : Lucky Duck, 2001
ISBN	1-283-88030-X 1-4462-6403-3
Descrizione fisica	1 online resource (60 p.) : ill
Collana	Lucky Duck Books
Altri autori (Persone)	RaeTina
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Soggetti	Stress management for children Stress management for teenagers Stress in children Stress in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Contents; Introduction and background; Emotional Literacy; Objectives; The Structure of the Programme; The Structure of the Sessions; References; Stories and Lesson Plans; Session 1 - What is Stress?; Session 2 - Who gets affected by Stress?; Session 3 - The stress faced by young people; Session 4 - Good ways to react to stress; Session 5 - New ways of coping with stress; Developing the programme; Front covers for pupils' work books
Sommario/riassunto	The sections of this book cover: what is stress; who becomes affected by stress; the stresses faced by young people; good ways to beat stress; new ways of coping with stress. Stories are used to help children understand stress and how it manifests itself, and to develop a set of skills and coping strategies. There are comprehensive teacher notes, photocopiable worksheets and a variety of stress management strategies.