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Autore	Waterhouse Alison <1963->
Titolo	Emotional literacy : supporting emotional health and wellbeing in schools // Alison Waterhouse
Pubbl/distr/stampa	Abingdon, Oxon ; ; New York, NY : , : Routledge, , 2019
ISBN	0-429-76595-9 0-429-42809-X 0-429-76596-7
Descrizione fisica	1 online resource (211 pages)
Collana	Mental health and wellbeing teacher toolkit
Disciplina	370.15/34
Soggetti	Affective education Teacher-counselor relationships Students - Mental health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Recognising emotions -- What is an emotion? -- Recognising emotions -- Understand facial expressions -- Listening to body language -- Strong emotions: anger -- Strong emotions: sad -- How emotions impact on the way we behave -- The chemicals of emotions -- The 60 minute rule -- Understanding emotions -- Thoughts feelings actions -- Coping strategies part 1 -- Coping strategies part 2 -- Coping strategies part 3 using positive memories -- Coping strategies part 4 we can do it -- Jellie babies looking after another -- Listen to your body -- Self awareness -- Self esteem: what we believe about ourselves -- Self limiting beliefs -- Exploring ourselves -- Get to know your own best friend -- Thoughts feelings actions: thinking errors -- Thoughts feelings actions: self limiting beliefs -- Givers takers nourishers and thieves -- Dealing with the inner critic -- My exhibition of very special moments -- Thoughts worries and preoccupations -- Your own best friend -- The future and how to make it happen -- Your internal critic V your inner champion -- Let's celebrate you are unique -- My photo album -- Life journey and reframing -- Past present and future -- Self regulation -- Strategies that can help us -- Strategies that can help us manage strong emotions -- The emotional alarm system -- Meditation

on the soles of my feet -- A sensory safari -- Empathy -- Mirror neurons -- Someone else in mind -- Think about the needs of another.

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Sommario/riassunto

"One of the five books in the Mental Health and Wellbeing Toolkit, this practical resource focuses on the topic of 'Emotional Literacy' and how to support children and young people on a voyage of self-discovery where they learn to be their own best friend. The book offers research-driven, practical strategies, resources and lesson plans to support educators and health professionals. Chapters span key topics including Recognising Emotions, Understanding Emotions, Self-Regulation and Empathy. This is a resource book for practitioners looking to have a positive impact on the mental health and wellbeing of the children and young people in their care; both now and in the future" --

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