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Nota di contenuto	Cover; Half Title; Title; Copyright; Dedication; Contents; Introduction; Chapter 1 Developing resilience; What is resilience? Our 'bounce back' ability; My gifts and qualities box; Persistence and resilience; My resilience tree; Resilience snakes and ladders; Chapter 2 Problem solving; Problem solving 1; Problem solving 2; Organisation; Asking for and accepting help from other people; Chapter 3 Emotional reactivity; Developing the art of gratitude; Thoughts, Feelings, Actions Triangle: Self-limiting beliefs; Thoughts, Feelings, Actions Triangle: Thinking errors; My comfort zone Chapter 4 Positive thinking Developing positive self-talk; Think of it in another way: Reframing; The best mistake I ever made!; Rose-tinted glasses; There is only one person responsible for your happiness; Chapter 5 Emotional awareness and self-regulation; Self-regulation; Stress management techniques; The anxiety hit squad!; Threat or reward; Making mind movies; Let's relax; Being brave, having courage; Creative meditation or stress busting for dummies!; My incredible talking body; Chapter 6 Empathy; Walking in another person's shoes 1; Walking in another person's shoes 2; Mirror neurons

Different points of view Chapter 7 Self-efficacy and responsibility; Self-esteem: What we believe about ourselves; Only one of you; Self-esteem, self-limiting beliefs; My 'I did it' gallery; People we admire; Get to know your best friend; You are your own best friend; Be your own life coach; Bibliography

Sommario/riassunto

One of the five books in the Mental Health and Wellbeing Teacher Toolkit, this practical resource focuses on how to support children and young people on a voyage of self-discovery, as they learn to be their own best friend. The book offers research-driven, practical strategies, along with creative material and step-by-step lesson plans to support educators and health professionals. 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. Chapters span key topics including Developing Resilience, Positive Thinking, Emotional Awareness and Self-Efficacy. A complete toolkit for teachers and counsellors, this book offers: Easy to follow and flexible lesson plans that can be adapted and personalised for use in lessons or smaller groups or 1:1 work Resources that are linked to the PSHE and Wellbeing curriculum for KS1, KS2 and KS3 New research, 'Circles for Learning', where the introduction of baby observation into the classroom by a teacher is used to understand and develop self-awareness, skills for learning, relationships, neuroscience and awareness of others Sections on the development of key skills in communication, skills for learning, collaboration, empathy and self-confidence Learning links, learning objectives and reflection questions. Offering research-driven, practical strategies and lesson plans, Self Discovery is an essential resource book for educators and health professionals looking for fresh, engaging ways to support the wellbeing of children and young people.
