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Nota di contenuto	Title Page; Table of Contents; Acknowledgments; About the Companion Website; 1 All Children Need Social and Emotional Well-being; Reciprocal Development and Sel; A Brief History of the Sel Movement; Parent-Teacher Alliances Need Support; Using our Strategies to Teach Sel; Part I: Self-awareness; 2 Building Character; Forming Character: Awareness and Openness; Building Character: Transcultural Experience; Building Character: Humility; Building Character: Modeling; Building Character: Courage; Building Character: Clear Values; Undesirable Character Traits; 3 Practicing Mindfulness Activities that Foster AwarenessActivities that Foster Accurate Decision-Making; Part II: Self-management; 4 Resiliency; 5 Independent Thinking; Activities that Foster Exploration; Activities that Foster Multiple Perspectives; Activities that Foster Conviction in One's Instincts; 6 Self-regulating; What Self-regulation Means; Delay of Gratification; Locus of Control; Risk-Taking; The Shapiro Model-Yielding; Realistic Expectations; Scaffolding; Homework; Fluency and Flexibility of Self-Control Strategies; When to Withdraw Support; Part III: Social Awareness; 7 Competing and Cooperating

Competition, Cooperation, and CASEL Activities that Foster Better Competition; Activities that Foster Better Cooperation; Activities that Foster Cooperation and Competition; 8 Neither Being Bullied nor Being a Bully; Activities that Promote Empathy; Conflict Resolution and Negotiation; Activities that Promote Positive Group Interaction; Part IV: Relationship Skills; 9 Building Successful Friendships; Activities that Foster Compassion; Activities that Foster Tolerance and Appreciation; Activities that Foster Connectedness; 10 Demonstrating Leadership Activities that Promote Understanding of Power Activities that Promote Self-awareness; Part V: Responsible Decision-making; 11 Thinking Creatively; Fluency; Flexibility; Originality; Elaboration; 12 Thinking Critically and Wisely; Activities that Foster Recognition and Prediction; Activities that Foster Discernment; Activities that Promote Ethical Reflection; Part VI: Achieving Your Goals Even More Effectively; 13 Getting Help with Your Efforts; Support for Caregivers and Teachers; Actions that Create Support in the School Context; Actions that Generate Support from External Resources  
14 The Future of SEL Greater Importance of SEL; Facilitation of Sel Goals; Return of the Arts; Online Sel; Non-Classroom Settings for Sel; Non-School Settings for Sel; More Caring Citizens; More Research; References; Index; End User License Agreement

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