

1. Record Nr.	UNINA9910797470703321
Autore	Lewkowicz Adina Bloom
Titolo	Teaching emotional intelligence : strategies and activities for helping students make effective choices // Adina Bloom Lewkowicz
Pubbl/distr/stampa	Thousand Oaks, California : , : Corwin Press, , 2007 ©2007
ISBN	1-4522-8079-7 1-4129-4058-3 1-4522-1536-7
Edizione	[Second edition.]
Descrizione fisica	1 online resource (225 p.)
Disciplina	371.3
Soggetti	Emotional intelligence Emotional intelligence - Study and teaching Emotional intelligence - Activity programs
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Preface; Acknowledgments; About the Author; Introduction: A Teacher Laments; Section 1 - Developing Emotional Skills; Chapter 1 - Understanding Choice-Making; Chapter 2 - Developing Group Choice-Making; Chapter 3 - Identifying Feelings; Chapter 4 - Understanding Assumptions; Chapter 5 - Examining and Lowering Anxiety; Chapter 6 - Becoming Aware of Feelings; Chapter 7 - Dealing With Anger; Chapter 8 - Examining and Accepting Responsibility; Chapter 9 - Choosing Happiness; Section 2 - Developing Social Skills; Chapter 10 - Developing Self-Acceptance Chapter 11 - Examining Self-MeasurementChapter 12 - Evaluating Unrealistic Expectations; Chapter 13 - Promoting Friendship; Chapter 14 - Strengthening Family; Chapter 15 - Learning About Put-Downs; Chapter 16 - Dealing With Peer Pressure; Chapter 17 - Examining Prejudice; Section 3 - Developing Life Skills; Chapter 18 - Looking at Manipulation; Chapter 19 - Strengthening Active Listening and Feedback Skills; Chapter 20 - Developing Assertiveness; Chapter 21 - Learning Communication and Negotiation; Chapter 22 - Building Study Skills; Chapter 23 - Clarifying Values and Consequences

Chapter 24 - Investigating Cheating; Chapter 25 - Investigating Stealing; Chapter 26 - Investigating Bullying; Chapter 27 - Investigating Abuse of Alcohol and Other Drugs; Chapter 28 - Getting Help; Chapter 29 - Taking Risks and Setting Goals; Epilogue: A Teacher Rejoices; Resource A; Resource B; References; Index

Sommario/riassunto

Give students the tools to make effective choices in and out of the classroom! This streamlined, teacher-friendly resource provides educators with fresh and engaging techniques to help learners increase self-awareness, manage emotions, build self-control, and develop positive relationships. The author provides a generous collection of fully developed lesson plans with role plays, ready-to-use reproducibles, and suggestions for adapting the activities to individual learning levels. This revised edition features: Expanded coverage of relevant research New lessons on topics such as bully
