

1. Record Nr.	UNINA9910822644303321
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
Disciplina	155.4192
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.