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Autore	Waterhouse Alison <1963->
Titolo	The brain and learning : supporting emotional health and wellbeing in school // Alison Waterhouse
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ISBN	0-429-76583-5 0-429-42805-7 0-429-76584-3
Descrizione fisica	1 online resource (315 pages)
Collana	The mental health and wellbeing teacher
Disciplina	370.1523
Soggetti	Learning, Psychology of
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Chapter 1 Development of the Brain The Brain How the Brain Develops The First Five Years Love Grows Brains Maintaining the Brain Neurodiversity The Nervous System Addiction Chapter 2 How the Brain Works 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 Chapter 3 The Brain and Learning 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 Chapter 4 The Brain and Emotions 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 Chapter 5 How the Brain can Influence our Behaviour Mirror Neurons Someone Else in Mind Think About the Needs of Another Bibliography

Sommario/riassunto

One of the five books in the Mental Health and Wellbeing Toolkit, this practical resource is designed to help young children understand how the brain affects ways we see and interpret the world. The book offers research-driven, practical strategies, resources and lesson plans to support educators and health professionals. Key sections include 'How the brain develops'; 'Dealing with the inner critic' and 'Strategies that can help us manage strong emotions'. A Complete toolkit for teachers and councillors, 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 Learning links, learning objectives and reflection questions. This book is an essential resource 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.
