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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 CheatingChapter 25 - Investigating Stealing;
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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
