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Titolo	Keep your coooooool! : stress reducing strategies for key stage 2 and 3 // George Robinson and Tina Rae; illustrated by Tina Rae
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Collana	Lucky Duck Books
Altri autori (Persone)	RaeTina
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Soggetti	Stress in children Stress management for children
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.