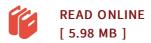




Being Me (and Loving it): Stories and Activities to Help Build Self-Esteem, Confidence, Positive Body Image and Resilience in Children

By Naomi Richards, Julia Hague

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. With 29 real life and relatable stories at its heart, this practical resource is designed to help build selfesteem and body confidence in children aged 5-11. Each story is the focus of a ready-to-use lesson plan, covering common issues that affect children such as a lack of body confidence, feeling pressured by peers and worries about puberty. The stories are preceded by guidance on how to introduce the topic and the learning outcomes, and they are followed by a range of activities to reinforce the messages being taught. The stories can either be read aloud to a class or group or photocopied and shared for individual reading. Perfect for use in PSHE lessons with groups of children, or in one-to-one settings in the therapy room or at home, this book is a useful resource for PSHE coordinators, teachers, school counsellors, pastoral care teams, youth workers as well as parents.



Reviews

It becomes an awesome ebook which i have ever go through. it was writtern quite perfectly and valuable. You will like just how the writer write this ebook.

-- Kane O'Reilly

A must buy book if you need to adding benefit. It is actually writter in basic phrases and not confusing. I found out this book from my i and dad suggested this pdf to find out.

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