



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

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 self-esteem 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 co-ordinators, teachers, school counsellors, pastoral care teams, youth workers as well as parents.



READ ONLINE
[2.96 MB]

Reviews

The publication is straightforward in study safer to recognize. It is writter in straightforward words and never hard to understand. Its been printed in an extremely straightforward way and it is just after i finished reading this book through which basically modified me, affect the way i think.

-- **Percy Bernhard**

Good e-book and beneficial one. it absolutely was writtern quite flawlessly and beneficial. I am delighted to explain how this is basically the very best ebook i have read through within my very own daily life and may be he greatest ebook for at any time.

-- **Prof. Leonardo Parker**

Other Books



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



Halloween Stories: Spooky Short Stories for Children (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.10 Halloween Stories for Kids!Happy Halloween! Your child will enjoy this Halloween book full of spooky stories. This is an...



Halloween Stories: Spooky Short Stories for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Spooky Halloween Ghost Stories for Kids!This book is not just any book, but rather a challenge. A challenge to all...



Flappy the Frog: Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



Hoppy the Happy Frog: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...