



## Smile Inside: Experiential Activities for Self-Awareness Ages 14-15 (Paperback)

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By Vanessa Lee

Prevention Publications, United States, 2013. Paperback. Book Condition: New. 2nd. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.During adolescence, young people thrive when given opportunities for self-analysis and personal improvement while building genuine connections with their peers. This resource offers an essential collection of sixty-five effective and fun activities designed to be a powerful prevention program to counteract bullying, self-destructive behaviors, social isolation, and apathy. In addition, modules and activities can be used individually to meet any group's needs. This inspiring handbook provides step-by-step instructions for teachers, youth workers, and counselors who work with teenagers in schools, youth groups, camps, and therapy-based support settings. The activities are organized into the following modules: Icebreakers, Focus Listening, Empathy Respect, Self-Talk, Self-Exploration, Emotions Coping, Problem Solving Decision Making, Goal Setting, Group Dynamics, Esprit de Corps through Service Learning, and Culmination.



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### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- **Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**