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## The Emotional Curriculum for Young Adults

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By Tina Rae, Patricia Black

Speechmark Publishing Ltd, United Kingdom, 1999. Loose-leaf. Book Condition: New. 1st New edition. 323 x 266 mm. Language: English . Brand New Book. The Emotional Curriculum for Early Teens is an emotional literacy programme for KS3. It provides secondary school staff with a flexible and comprehensive approach to promoting the emotional literacy and well being of young people in their care. Introducing the Focus on Feelings programme, it fulfils many of the objectives identified in the SEAL approach, specifically addressing the many challenges and stresses encountered by today's young people in both a social and educational context. The resource provides user friendly and engaging activities which will motivate staff and students alike. Sessions are broken down into short achievable tasks which incorporate a range of learning styles, i.e. discussions, thought storming, short activities, problem cards and scenarios, questions and closing evaluations/plenary. Key skills focused upon include the following: \* Self-awareness \* Managing feelings \* Decision making \* Managing stress \* Conflict resolution \* Personal responsibility \* Self-concept \* Empathy \* Communication \* Group dynamics The resource is accompanied by a CD ROM which includes the evaluation and activity pages and resources. This vibrant, relevant resource is a must have...



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