

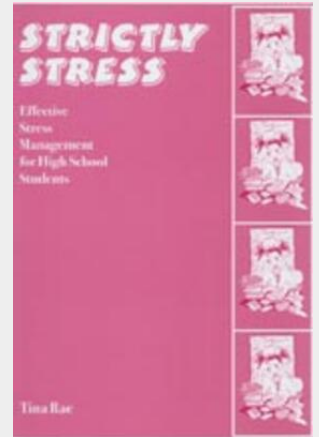
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## Strictly Stress

Effective Stress Management: A Series of 12 Sessions for High School Students

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Tina has produced another book based on her work as a behaviour support teacher. This is an ideal resource for use as part of a PHSE programme with a whole class or smaller group work. It is specifically aimed at students who appear to be experiencing unacceptable levels of stress in their lives and who require support in order to understand, acknowledge and cope with specific stressors/sources of stress. There are 12 sessions in this book. These include comprehensive teacher notes and photocopiable worksheets for the students. The structure ensures active pupil participation and provides an opportunity to look at both the causes and effects of stress. With a greater understanding of stress, young people are helped to learn and practise better coping strategies.



**68,50 €**

64,02 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

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