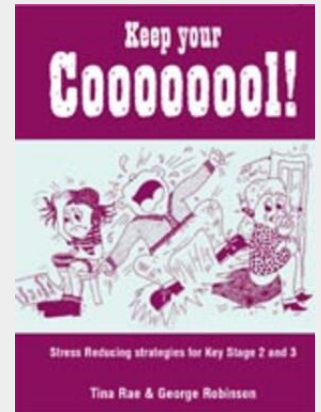


Rae / Robinson

## Keep Your Coooooool!

Stress Reducing Strategies for Key Stage 2 and 3

‘As one would expect from a publisher with a proven track record in books on behaviour management... well illustrated, easy to use and potentially very effective’ - Highland  
‘Would be a useful resource to encourage the inclusion of emotional literacy to a wider audience without "giving away the psychology". It could easily be used by teachers as a package, or be used in conjunction with an EP where schools need more encouragement to feel less confident. I would recommend this as a useful practical resource for schools’ - Educational Psychology in Practice All people, including young people, face tensions and stress but its how we learn to manage stress thats important. The sections of this book cover: " what is stress " who becomes affected by stress " the stresses faced by young people " good ways to beat stress " new ways of coping with stress. The sections use stories to help children understand stress and how it manifests itself, and to develop a set of skills and coping strategies. There are comprehensive teacher notes, photocopiable worksheets and a variety of stress management strategies. This resource is intended for whole class/group work and is not recommended for individual support for children who have suffered severe trauma.



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