



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

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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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