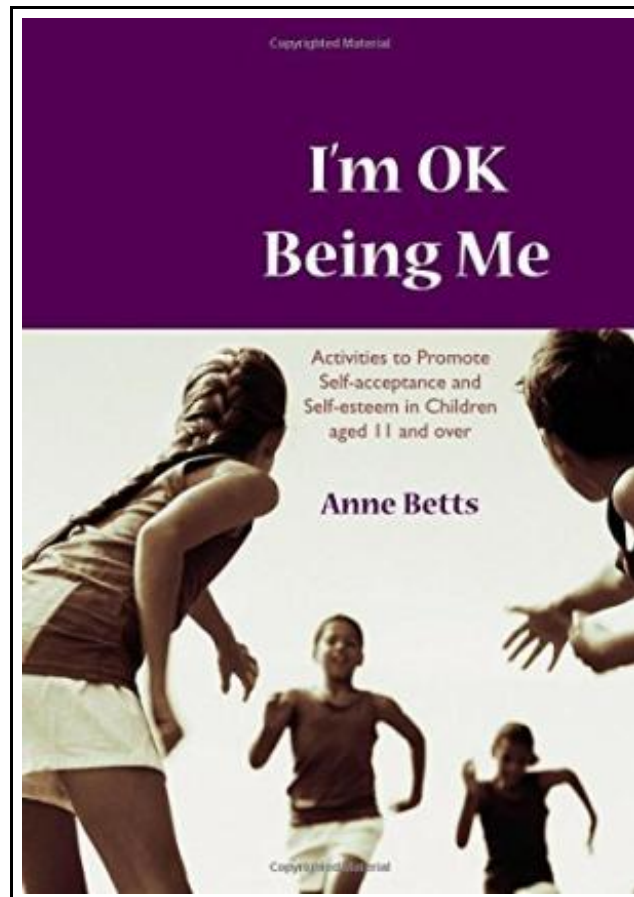


## I'm Okay Being Me: Activities to Promote Self-Acceptance and Self-Esteem in Young People Aged 12 to 18 Years



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*(Dr. Porter Mitchell)*


## I'M OKAY BEING ME: ACTIVITIES TO PROMOTE SELF-ACCEPTANCE AND SELF-ESTEEM IN YOUNG PEOPLE AGED 12 TO 18 YEARS



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SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, I'm Okay Being Me: Activities to Promote Self-Acceptance and Self-Esteem in Young People Aged 12 to 18 Years, Anne Betts, 'The worksheets.save valuable time for busy professionals. Overall, this package provides good value at GBP17.99' - British Journal of Special Education 'Teachers comfortable with developmental group-work, and able to adapt material and tailor it to pupils' responses, will find this a valuable resource' - Adrian King, Times Educational Supplement, Special Needs Extra 'The book with its CD-ROM is accessible and provides a structure for staff working in places such as learning support units, withdrawal groups in mainstream schools or special schools. It could also be valuable to youth workers and those working in children's services and CAMHS.this package provides good value as it includes photocopiable self-esteem assessment scales and worksheets as well as a programme structure' - British Journal of Special Education This is a programme to encourage positive self-esteem by recognising the 'me' in each individual. It is aimed at children aged 12 years and older.The book supports professionals working with young people who have demonstrated difficulties in achievement and behaviour by providing innovative and creative activities and exercises, which help to reduce behaviours common in those with low self-esteem. This practical programme uses Lucky Duck's B/G-steem self-esteem scale as an assessment tool to evaluate the success of the programme. All the activity sheets and assessment forms needed are supplied on a CD-rom. Anne works in association with schools and the Children's Fund project in Devon.

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