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nap

Ideas Stress Relief

Robert Epstein



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time Your voice matters use it to change lives and build a stronger healthier community

100 Ideas for Secondary Teachers: Supporting Students with Autism Claire Bullock, 2016-11-17 No matter what you teach there is a 100 Ideas title for you The 100 Ideas series offers teachers practical easy to implement strategies and activities for the classroom Each author is an expert in their field and is passionate about sharing best practice with their peers Each title includes at least ten additional extra creative Bonus Ideas that won't fail to inspire and engage all learners _____ For students at secondary school each day brings a different set of challenges to be faced especially for the increasing number of young people diagnosed with autism Not only do secondary students have to contend with the anxieties that come with adolescence but they also have to learn to cope with increasingly difficult work across numerous subject areas and the added pressure of exams This book helps teachers develop subtle learning strategies that will help create an inclusive quality teaching environment where pupils with autism can be supported during this time of change It breaks down the key areas of potential difficulty and offers step by step strategies ideas case studies and links to resources in a style that is easy and accessible Key topics include transition assessment anxiety support behaviour social skills and communication and teasing and bullying This is the ultimate troubleshooting guide that every secondary school teacher should have to hand

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The Big Book of Therapeutic Activity Ideas for Children and Teens Lindsey Joiner, 2011-10-15 Drawing on art music stories poetry and film the author provides more than 100 fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers ages 5 and older with the activities designed to teach social skills development anger control strategies conflict resolution and thinking skills Original

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100 Ideas for Primary Teachers: Mindfulness in the Classroom Tammie Prince, 2017-10-19 No matter what you teach there is a 100 Ideas title for you The 100 Ideas series offers teachers practical easy to implement strategies and activities for the classroom Each author is an expert in their field and is passionate about sharing best practice with their peers Each title includes at least ten additional extra creative Bonus Ideas that won't fail to inspire and engage all learners There is no better time than now to be focusing on the development of mindfulness in the classroom as it will arm children with life long skills that support their current post pandemic and future mental health and well being However with an ever growing curriculum planning for yet another aspect within a school day can feel like an overwhelming task This book provides teachers with quick easy and simple ideas to support the development of mindfulness as an integrated part of the school day without compromising the demands of the primary curriculum 100 Ideas for Primary Teachers Mindfulness in the Classroom is filled with simple tried and tested activities that when used in conjunction with each other in everyday practice develop positive mental health skills for all children including those with ADHD and Autism Spectrum Disorders and those who are catching up with missed days in school

109 Ways to Retain Volunteers and Members Scott C. Stevenson, 2013-05-13 Originally published by Stevenson Inc this practical resource provides great ideas and techniques to retain more of your volunteers and members including step by step plans to create a retention plan that helps strengthen and increase your volunteer and membership base This resource contains dozens of actionable techniques and procedures for retention including strategies to develop member loyalty communicate better offer unique benefits and avoid volunteer burnout Successful ideas and programs from other organizations are presented such as incentive programs retreats that involve volunteers member of the month programs etc Additionally several useful sample forms and reports are provided including feedback forms member interests surveys volunteer activity involvement reports complaint procedures assessment forms and more Important topics covered include Staff and Volunteer Engagement Recognition and Awards Leadership

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