

Self Esteem (Your Choice)



Your Choice is a complete, easy-to-use course of activities and strategies, with accompanying photocopiable master worksheets. It is designed for Personal and Social Skills lessons or active tutorial work is based on experimental learning methods, and is also flexible enough to be dipped into as a component of an English or Religious Education course. It provides a framework for young people within which they can consider their attitudes and behaviour, and develop more mature insights into their own personalities and their interaction with others. The course has been developed and trialled in mainstream and special schools and within the Youth Training Scheme. Because the activities are geared to allow students to create the substance of the lesson, the materials can be used with a wide range of ages (from 10 to 16 years old) and abilities, allowing each group to progress as far as they able. There are four separate handbooks, each of which represents about a terms work on a specific aspect of personal skills and development. Each chapter provides a structured lesson plan, with suggestions for extensive work. This book offers a variety of experiences designed to enhance students self esteem and awareness of how they can be more positive about themselves and others. The skills involved in both accepting positive comments and handling negative feelings are discussed.

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