

Dealing with Feeling...

Jealous



Feeling Jealous

G Thomas



Feeling Jealous:

Dealing with Feeling Tina Rae, 2007-10-03 Includes Online Resources An ideal resource developed from research practice and teaching this book contains everything that a busy teacher needs to support the social and emotional development of her pupils The scenarios are based upon real life situations and are therefore meaningful and engaging for young people It can be used in whole class group or individual work settings either as a complete step by step teaching programme or as reference resource Dr Ruth MacConville Author Head of SENS L B of Ealing This new combined edition of the bestselling Dealing with Feeling and Dealing With More Feeling provides teachers of children aged 7 14 with structured opportunities to develop their emotional literacy and emotional well being It is firmly supported by a wealth of research which links children s mental and physical health to the development of emotional literacy In this second edition Tina Rae emphasises the development of emotional literacy skills and specifically the development of an emotional vocabulary empathy tolerance resilience and motivation The focus upon managing more complex and uncomfortable feelings is central to the programme and pupils are introduced to a variety of techniques which can be applied across a broad range of contexts Included in this exciting resource pack are 40 Lesson plans 236 full colour activity pages located on the online resources Role play activities to develop joint problem solving skills Packed with teacher friendly resources this book clearly fulfils the requirements of the PSHE curriculum and Healthy Schools agenda whilst also complimenting and building upon many of the themes in the SEAL curriculum Social and Emotional Aspects of Learning

Emotion Regulation in Psychotherapy Robert L. Leahy, Dennis Tirch, Lisa A. Napolitano, 2011-10-01 Highly practical and accessible this unique book gives therapists powerful tools for helping patients learn to cope with feared or avoided emotional experiences The book presents a menu of effective intervention options including schema modification stress management acceptance mindfulness self compassion cognitive restructuring and other techniques and describes how to select the best ones for particular patients or situations Provided are sample questions to pose to patients specific interventions to use suggested homework assignments illustrative examples and sample dialogues and troubleshooting tips In a large size format for easy photocopying the volume is packed with over 65 reproducible handouts and forms Purchasers also get access to a companion website where they can download and print the reproducible materials

We Feel Fine Sep Kamvar, Jonathan Harris, 2009-12 Armed with custom software that scours the English speaking world s new Internet blog posts every minute hunting down the phrases I feel and I am feeling the authors have collected over 12 million feelings since 2005 amassing an ever growing database of human emotion that adds more than 10 000 new feelings a day Equal parts pop culture and psychology computer science and conceptual art sociology and storytelling this is no ordinary book with thousands of authors from all over the world sharing their uncensored emotions it is a radical experiment in mass authorship merging the online and offline worlds to create an indispensable handbook for anyone interested in what it s like to be human

Motivational Interviewing in the Treatment of Anxiety Henny A.

Westra,2012-06-04 This wise and practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change The author shows how to infuse the spirit and methods of motivational interviewing MI into cognitive behavioral therapy or any other anxiety focused treatment She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur Vivid clinical material including a chapter length case example of a client presenting with anxiety and depression enhances the utility of this accessible guide This title is part of the Applications of Motivational Interviewing Series edited by Stephen Rollnick and William R Miller

When I Feel Jealous Cornelia Maude Spelman,2003-01-01 A bear cub describes situations that make her jealous when someone has something she wants when someone is good at something she wants to be good at and when someone else gets all the attention Jealousy is a prickly hot horrible feeling I don t like feeling jealous but everybody feels jealous sometimes The little bear finds ways to make herself feel better she talks to someone about how she feels and then does something pleasant and soon the jealous feeling goes away An author s note for parents and teachers is included

Exploring Emotions Ros Bailey,2012-07-30 This practical book from Ros Bayley is designed to enable every practitioner to help children manage their emotions This title looks at the whole range of emotions that children feel and enable any practitioner to help children recognise these emotions and talk about them Brimming with ideas for using puppets toys pictures games and stories this is a must have book for any practitioner looking to manage the emotions of children in their care

Jealous Isabel Thomas,2013 Explains what to do when experiencing feelings of jealousy

Feeling Jealous Althea,1997 What is the difference between envy and jealousy What happens if we let these feelings grow How does it feel when someone is jealous of you This book addresses these and other issues and suggests ways to deal with them It is one of a series in which children talk about their feelings

The Principles of Morals Thomas Fowler,John Matthias Wilson,1894

Mental Science and Methods of Mental Culture Edward Brooks,1882

Let's Talk About Feeling Jealous Joy Berry,2020-10-31 Let s Talk About Feeling Jealous Let s Talk About series helps children understand that feeling jealous is normal and can sometimes be productive if it leads to a necessary change Joy Berry s pragmatic approach teaches children how to handle their jealousy and focus on the good things that they have in their lives

Women's Health ,2006-07 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style

The Nation's Schools ,1929

The Worldings Leonard Merrick,1900

The English Review ,1911

The Wise Woman Clara Louise Burnham,1899

One in a Thousand George Payne Rainsford James,1903

Jack's Father and Other Stories William Edward Norris,1891

Jehovistic names and titles of God. The attributes of God. Sins. Christian dogmatics Henry Donald Maurice Spence-Jones,Joseph Samuel Exell,Charles Neil,1889

Feeling Jealous Kirsty Holmes,2018-07-15 Why do we get jealous What certain things do we get jealous about These questions and more are addressed in this important text about having

feelings of jealousy Young readers are introduced to Green Eyed Bunny who helps them navigate such a complex emotion In this age appropriate and relatable main text readers learn to recognize and evaluate their own instances of jealousy The fun comic book design creative illustrations and full color photographs add an appealing artistic element to this important topic which teaches readers how to become more aware of their own feelings and how they express them

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