

DEVELOPING EMOTIONAL LITERACY WITH TEENAGERS

Building Confidence, Self-Esteem
and Self Awareness

TINA RAE

Second Edition



Age range 13 - 19



Printable worksheets



Downloadable materials



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Patricia A. Jones-Pope LPC

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Developing Emotional Literacy with Teenagers Tina Rae, 2013 The pressures and concerns of teenagers are at the forefront of their emotional and mental health This resource provides young men and women with guidance and tools to recognise the importance of social skills to aid their development The sessions and practical activities will allow students to address issues of identity self esteem and self awareness based on the author's research and experience

Developing Emotional Literacy with Teenagers Tina Rae, 2012-11-12 This book should be on the shelf of every professional that works with teenagers in ANY setting As lives become increasingly busy emotional health and literacy is often overlooked In this text Rae shows us how to create a dialogue with teenagers and reminds us that emotional health is an indicator of overall health as teenagers become adults Donna Duffy School of Health and Human Sciences University of North Carolina Greensboro USA The pressures and concerns of teenagers are at the forefront of their emotional and mental health This resource provides young men and women with guidance and tools to recognise the importance of social skills to aid their development The sessions and practical activities will allow students to address issues of identity self esteem covering topics including relationships drugs and problem solving The new edition also looks at Gang cultures Cyber bullying Future pressures Eating disorders This new resource also introduces therapeutic approaches to promote well being as well as offering accessible worksheets which can be downloaded from the Preview tab above Tina Rae has 25 years experience working with children adults and families in both clinical and educational contexts within local authorities She is currently a Professional and Academic tutor on the Doctorate in Child and Educational Psychology at University of East London

Developing Emotional Literacy with Teenage Girls Tina Rae, 2005 As girls mature into adolescence they often experience a crisis in terms of self esteem and identity leaving them vulnerable to both peer and society pressures This text creates an opportunity for teenage girls to be clearer and more positive about their developing identities as young women

Professional Issues in Secondary Teaching Carrie Mercier, Carey Philpott, Helen Scott, 2013-02-08 How can I develop my identity as a teacher How does engaging in research benefit my own teaching practice Becoming a successful teacher in secondary education requires a strong understanding of a wide range of professional teaching issues including practical concerns such as curriculum development and learning through observation in the classroom alongside key conceptual aspects such as critical reflection and understanding the nature of learning This book addresses these issues alongside a range of additional important contemporary topics in secondary education Highlighting the importance for student teachers to enhance their development by engaging with research Professional Issues in Secondary Teaching is designed to support professional studies modules on secondary initial teacher education including postgraduate and employment based routes into teaching and early career teachers seeking to enhance their practice Carrie Mercier is Senior Lecturer at the University

of Cumbria Carey Philpott is currently an Associate Dean in the School of Education Faculty of Humanities and Social Sciences at the University of Strathclyde Helen Scott is the Deputy Dean for Student Experience in the School of Education at the University of Northampton

Engaging Learners with Complex Learning Difficulties and Disabilities

Barry Carpenter, Jo Egerton, Beverley Cockbill, Tamara Bloom, Jodie Fotheringham, Hollie Rawson, Jane Thistlethwaite, 2015-02-11 Children and young people with Complex Learning Difficulties and Disabilities CLDD have co existing and overlapping conditions which can manifest in complex learning patterns extreme behaviours and a range of socio medical needs which are new and unfamiliar to many educators Their combination of issues and layered needs mental health relationship behavioural physical medical sensory communication and cognitive mean they often disengage from learning and challenge even our most experienced teachers This book provides school practitioners and leaders with an approach and resources to engage this often disenfranchized group of children in learning The Engagement for Learning Framework has been developed and trialled by over 100 educational settings both special and mainstream with learners from early years to post 16 It gives practitioners from a range of disciplines a shared means of assessing recording and developing personalized learning pathways and demonstrating progression for these children The focus on inquiry means that however complex a young person s needs educators will be able to apply the approach This practical and engaging book provides literature tools and case study examples outlining who children and young people with CLDD are why their engagement for learning is important and how the Engagement for Learning Framework can be used effectively by teachers and other professionals to ensure the best possible outcomes for these children

Supporting Successful Transition from Primary to Secondary School

Tina Rae, 2014-05-23 The transition from primary to secondary school is extremely important in the lives of children and young people but it is also a time of significant stress for many This unique programme is designed to support children during this process helping to build the confidence skills and the resources that they will need in order to ensure a smooth and successful transition This accessible text provides teachers parents and professionals working with young people with a comprehensive range of resources to effectively support this process and also promotes the development of resilient children and young people who can cope effectively with the process of change encourage pupil participation and ensure that well being is further fostered and maintained both for young people and staff within the learning context includes specific strategies techniques and ideas regarding the transition process including systems and individualised approaches helps young people to visualise success manage strong and complex emotions cope with stress and anxiety problem solve difficult situations recognise their own signature strengths and build upon these through a series of activities and problem based learning opportunities The programme itself also makes use of solution focused approaches motivational interviewing techniques cognitive behaviour therapy strategies and a range of ideas and techniques taken from positive psychology and resilience theory The wealth of resources offered here make this programme unique and engaging and will be particularly

useful to those who support children with SEN and higher levels of vulnerability

Developing Emotional Literacy with Teenage Girls Tina Rae, Lorna Nelson, Lisa Pedersen, 2005-09-23 This ten session program improves adolescent girls confidence self esteem and self awareness encouraging students to develop problem solving strategies about peer pressure sex substance abuse and being a parent

Talking is for Teens Betty Rudd, 2003-09-01 This final book in Bettys trilogy on emotional literacy will make learning and using emotional literacy easy and enjoyable for young people between 12 and 16 It will help develop awareness and skills in handling emotions communication skills self perception responsibility problem solving The contents are based on Bettys work with young people which present sophisticated concepts with the use of simple explanations There are 15 short stories focussing on issues that teenagers have to deal with from anger to alcohol smoking to sorrow and self control to sex Each story has teacher instructions and appropriate worksheets The book also contains Zaks Story a cartoon with suggestions for 10 follow up sessions

The Self-Esteem Workbook for Teens Lisa M. Schab, 2022-06-01 For teens self esteem is a cornerstone of mental health Now a teen self help classic this fully revised and updated second edition of The Self Esteem Workbook for Teens offers new activities focused on helping teens build confidence improve social skills deal with body image issues and reach their goals This second edition also includes new material on assertive communication and boundaries ways to deal with bullying the impact of social media and activities that promote healthy thinking habits and problem solving

Self Esteem at the Centre Barbara Maines, George Robinson, 2004-05

Talking is for All Betty K. Rudd, 2008 Betty Rudd presents a resource for all those wanting to provide a comprehensive and unified programme to assist children and adolescents in their emotional development

Emotional Survival Tina Rae, 2004 There is an increasing demand for resources to support teachers in developing young peoples emotional literacy The 20 lessons explore a range of feelings and provide facilitator notes and activities to help young people

The Art of Being You: Teen Stories of Self-Discovery and Confidence Dizzy Davidson, 2024-04-07 Embark on an inspiring journey of self discovery and empowerment with The Journey to Self Love This transformative guide is crafted specifically for teens navigating the complex world of self identity and acceptance Through a series of engaging stories practical exercises and reflective questions readers will learn to Uncover Authenticity Break free from the filters of social media and embrace your true self Harness the Power of Words Develop a positive self dialogue through affirmations and self talk Build Your Tribe Discover the strength in supportive friendships and communities Celebrate Imperfections Learn to love your unique flaws and turn them into strengths Embrace Vulnerability Find courage in openness and the freedom it brings to your life Navigate Emotions Explore the colorful spectrum of feelings as a path to self awareness Cultivate Self Care Develop strategies for mental emotional and physical well being Express Yourself Connect personal style to self love and confidence Envision Your Future Set goals for the person you aspire to be and take actionable steps towards that vision This book is not just a read it s an interactive experience that will leave teens with a lasting impression of their inherent worth and the beauty

of being themselves Join the movement of self love and become a part of a community that celebrates every step of the journey JourneyToSelfLove *Magic Circles* Murray White,2009 This book provides a range of exciting activities to use in circle time to develop a sense of security identity belonging purpose competence and well being **The Wonders of Emotional Intelligence for Teens & Young Adults** Pearl Fagan,2025-02-24 Are the teens in your life struggling to express their emotions constructively Do they frequently succumb to peer pressure or find themselves overwhelmed by stress Are they yearning for stronger connections yet grappling with social anxiety If yes resonates with you be assured you re not alone Many teens find themselves overwhelmed by the rapid shifts of adolescence Yet these hurdles can be transformed into stepping stones with the right insights and tools found in this book *The Wonders of Emotional Intelligence for Teens* it s a practical guide designed with diverse cultural narratives and relatable situations ensuring teens feel seen and understood If you want to empower the teens in your life and help them handle their vibes like pros then scroll up and click Add to Cart right now Embrace this opportunity to guide them toward becoming resilient empathetic individuals *Emotional Intelligence for Teens & Young Adults* PEARL. FAGAN,2025-04 Equip teens with emotional intelligence fostering growth and resilience even if their world feels overwhelming right now Are the teens in your life struggling to express their emotions constructively Do they frequently succumb to peer pressure or find themselves overwhelmed by stress Are they yearning for stronger connections yet grappling with social anxiety If yes resonates with you be assured you re not alone Many teens find themselves overwhelmed by the rapid shifts of adolescence Yet these hurdles can be transformed into stepping stones with the right insights and tools found in this book *The Wonders of Emotional Intelligence for Teens* it s a practical guide designed with diverse cultural narratives and relatable situations ensuring teens feel seen and understood If you want to empower the teens in your life and help them handle their vibes like pros then scroll up and click Add to Cart right now Embrace this opportunity to guide them toward becoming resilient empathetic individuals *Improving Social Skills In Children & Teenagers* Ellis Paulson,2021-05-05 Children and teenagers are being confronted with obstacles previous generations before them never encountered With social media at the forefront in this changing world more and more children as well as teens disconnection socially from relationships but make countless friends on social media sites This practical choice in socialization books for teens has Simple strategies Find step by step tips tools and techniques to help you change a negative mindset be assertive ask questions and much more Skill building Bolster skills around confidence emotional awareness nonverbal cues active listening and empathy and start using them right away Everyday situations Use your new knowledge in person and online in all the key areas of your life from friendships family and relationships to school and social media **Finding Inner Peace** Beyshir Venable Venable,2025-07-29 Are you a teen feeling overwhelmed by stress anxiety or emotional ups and downs Do you long for a sense of calm and control in your life Then *Finding Inner Peace A Teen s Guide to Self Regulation* is the book for you Features This practical guide offers a wealth of age appropriate strategies and techniques

designed specifically for teenagers navigating the challenges of adolescence Inside you ll discover easy to understand explanations of self regulation along with clear step by step instructions for implementing effective coping mechanisms We delve into the science behind stress and anxiety demystifying these common experiences and empowering you to take charge of your emotional well being The book incorporates interactive exercises journaling prompts and real life teen examples to make learning engaging and relatable You ll also find helpful resources and further reading suggestions to support your journey Advantages Unlike other self help books that can feel overwhelming or too general Finding Inner Peace is tailored to the unique needs and experiences of teens The language is accessible and relatable avoiding complicated jargon The book provides a structured approach to self regulation breaking down complex concepts into manageable steps It s a comprehensive guide covering various aspects of emotional well being from managing stress and anxiety to improving sleep and building healthy relationships The practical hands on activities make the learning process fun and effective promoting lasting change Benefits By reading and applying the techniques in Finding Inner Peace you will Reduce stress and anxiety Learn effective strategies to manage overwhelming emotions and stressful situations Improve self awareness Develop a deeper understanding of your thoughts feelings and behaviors Enhance emotional regulation Gain control over your emotional responses and prevent emotional outbursts Boost self esteem and confidence Build self compassion and cultivate a positive self image Improve focus and concentration Learn techniques to enhance your attention span and academic performance Strengthen relationships Develop healthier communication skills and build stronger connections with others Foster a sense of calm and peace Cultivate a more peaceful and balanced inner life Finding Inner Peace A Teen s Guide to Self Regulation is your roadmap to a calmer more confident and more fulfilling life Start your journey to inner peace today

Dealing With Some More Feelings ,2003-03-01 Dealing With Some More Feelings eloquently introduces 20 emotions in 20 whole class sessions for children aged 6 to 13 The sequel to the best selling Dealing with Feeling 1998 this resource provides a clear structure for each lesson The stages are defining the feeling stories questions activities worksheets follow up work Since the publication of Dealing with Feeling there has been an increasing demand for resources which help teachers and parents develop childrens emotional literacy Recent research emphasises the importance of developing these skills linked with the agenda of social inclusion Tina has used the successful format of her original publication and provides another 20 emotions ranging from possessive sorry guilty to helpful brave and loyal This publication will help young people improve an emotional vocabulary management of emotions self control empathy understanding of relationships Another practical helpful and essential resource for all those looking for materials to develop emotional literacy [How to Build Healthy Self-Esteem and Confidence](#) Patricia A. Jones-Pope LPC,2024-11-29 Embarking on the journey toward self actualization is a lifelong pursuit as emphasized by the renowned quote from Abraham Maslow What a man can be he must be How to Build Healthy Self Esteem and Confidence delves into the significance of discovering one s unique strengths

weaknesses values and passions all while nurturing a healthy sense of self esteem This book provides readers with actionable techniques and strategies designed to foster self confidence and personal growth It underscores that self esteem is not inherent but developed through experiences learning and self reflection In addition the book addresses the traits of negative self esteem its manifestations and the internal resilience needed to combat negativity Specifically written for adolescent girls How to Build Healthy Self Esteem and Confidence encourages readers to embrace their individuality and enhance their self worth through practical guidance and self care strategies Join Patricia A Jones Pope Licensed Professional Counselor LPC as she guides you through this transformative journey

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Developing Emotional Literacy With Teenagers Building Confidence Self Esteem And Self Awareness Lucky Duck S Introduction

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web add the dissolved coffee to the mixture still folding divide into the sandwich tins and cook for 25 30 min until risen and firm and a skewer inserted into the middle comes out clean leave to cool in the tin for 5 mins then turn out onto a wire rack to cool completely can be frozen at this stage

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