

How to Make Friends: Building Resilience and Supportive Peer Groups (Lucky Duck Books)

Ruth M Macconville

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Includes CD-Rom. Pupils are rarely taught the principles of effective co-operation although being able to work effectively as part of a group is critical in all contexts; school, life and work. The book is based on the author's practical experience of running the programme in schools and is underpinned by research into the development of pro-social behaviour and friendship skills. The 26 sessions are arranged in the sequence of the alphabet from Attitude to the Zest for life. In each session there is a poster and a take away activity as well as full facilitators notes for whole class introduction, pair and share tasks and a plenary. A unique feature of the programme is that it addresses the development of non-verbal communication, the ability to read social cues. The sessions raise awareness and understanding of the interpersonal skills necessary for friendships, including communication and co-operation. The teaching sessions cover topics such as: -Reciprocity - Commitment - Giving and sharing - Trust - Specific thinking skills. The programme is intended for whole class work but would also be suitable for small groups.



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