



# **The Heart Masters Blue Book: A Programme for the Promotion of Emotional Intelligence and Resilience for School Children Aged 5 to 8 (Lucky Duck Books)**

*Bob Bellhouse, Andrew Fuller, Glenda Johnston*

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Imagine being able to help your students to:

- " motivate themselves
- " persist in the face of frustration
- " control their impulses
- " regulate their moods
- " improve their study skills
- " develop goal-focused habits
- " have friendly, positive relationships.

The Heart Masters series provides schools with an exciting way to build resilience and emotional intelligence in their students.

Each volume provides the teacher or facilitator with lesson plans designed to develop the following key aspects of emotional intelligence:

- " the ability to read and take into consideration the feelings of others
- " an awareness of our own feelings
- " the ability to regulate or calm our feelings
- " a sense of contentedness and belonging.

The programme has a strong language focus with emphasis on writing, reading, speaking and listening. Every session has a core activity, discussion questions, copiable worksheets and habit builders.

Packed with stories and activities aimed at creating a sense of belonging for young children in the classroom. The eight themes encourage:

" friendly behaviour

" positive relationships

" emotional literacy.

Each lesson has comprehensive teacher notes, activities, drama and role-play extension ideas and photocopiable resources.

A simple reporting / evaluation tool is included.

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