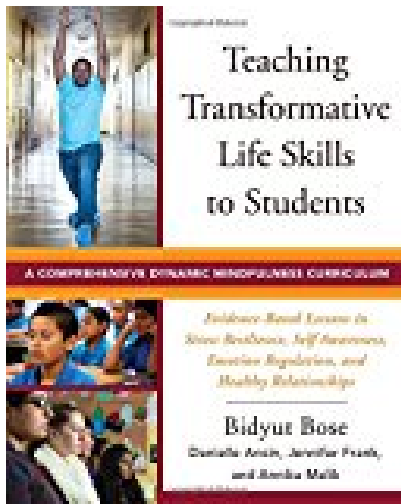


Teaching Transformative Life Skills to Students A Comprehensive Dynamic Mindfulness Curriculum



BOOK DETAILS

- Author : Bidyut Bose
- Pages : 512 Pages
- Publisher : W. W. Norton & Company
- Language : English
- ISBN : 0393711927

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BOOK SYNOPSIS

A classroom-ready program of evidence-based lessons in (1) stress resilience, (2) self-awareness, (3) emotion regulation, and (4) healthy relationships. Transform school and classroom climate, increase teacher sustainability, and build invaluable life skills in students with four ready-to-implement units incorporating mindful movement, yoga postures, breathing techniques, and more. The evidence-based and trauma-informed Transformative Life Skills (TLS) curriculum offers educators 48 scripted, 15-minute lessons designed to require minimal preparation and fit neatly within the busy school days of a single academic semester. Recommended by CASEL, it benefits all five core competencies of Social and Emotional Learning.

TEACHING TRANSFORMATIVE LIFE SKILLS TO STUDENTS A

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