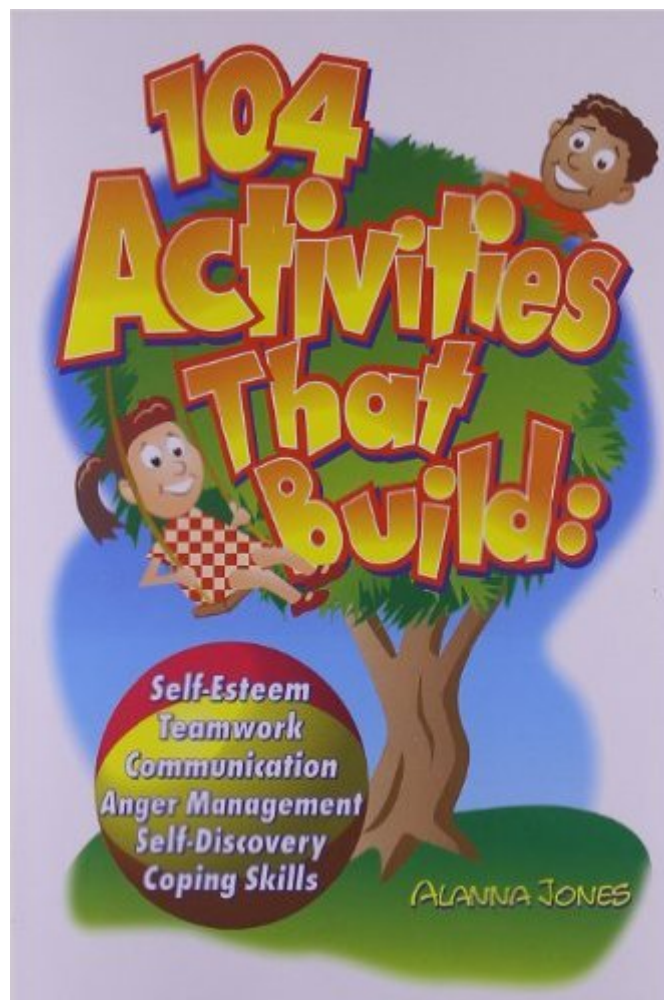


The book was found

# 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills





## Synopsis

This popular book makes teaching and learning by playing games a simple and fun experience for everyone. Games can be used to encourage people to modify their behavior, increase interaction with others, start discussions, address issues and build relationships. This book contains 104 games and activities that address the topics of teamwork, self-esteem, communication, coping skills, anger management, and self-discovery. If you have a small group, large group or even one-on-one sessions there is something useful in 104 Activities That Build for you. Games that can be used in any setting with minimal resources and on any budget! It's more than pen/pencil worksheets; it's interactive and fun.

## Book Information

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## Customer Reviews

Alanna Jones is a certified recreational therapist who has compiled an interesting set of 104 games and activities that social workers, recreational therapists, and some educators and school counselors (in substantially separate classrooms for behavior/emotional disorders) can use. The book is organized into activities that build (1) teamwork, (2) self-esteem, (3) communication, (4) self-discovery, (5) anger management, and (6) coping skills. Almost all activities are designed for elementary school aged children, but Ms. Jones, under each activity, presents variations--either in the activity itself or in the intended age group. The crucial part of using these activities occurs after the activity is done. This is the "debriefing" part of the activity. It is absolutely necessary to do this debriefing in order that the youngster(s) arrive at some understanding of the activity just completed, and its possible meaning to them. It is assumed that the reader is comfortable with this type of

debriefing, and has the skills to intercede in case the activity or debriefing are going south. The things I liked about this book are: (1) Ms. Jones' energy and positive thinking about youngsters and her desire to provide them with challenging and thoughtful moments; (2) She explains each activity or game fully, provides lists of materials needed, gives some advice on structuring the activity; (3) This is therapy "in action," so it attracts the interest and energy of the youngsters. I had two small questions about some of this book: (1) Self-esteem comes from accomplishing something, and I thought self-esteem activities were the weakest section of the book; and (2) In regard to anger management, these activities must be regarded as an adjunct, not the central core, of an anger management therapy program. When readers have a good therapeutic anger management therapy program at their facility (in their classroom), Ms. Jones' activities can help. I was impressed by Ms. Jones' selection and believe it will help counselors, therapists, coaches, and recreational therapists.

I selected this book in order to complete a required communications class assignment that I am presently enrolled in. The title of the book caught my attention. I am an Assessment Coordinator and I work with approximately 10 to 20 individuals at a time with a new group every three weeks. Several of the issues that I need to address that are a major concern with our clients are covered in Alanna Jones' book. These are issues dealing with self-esteem, communication, anger management, self discovery and coping skills. As instructors and parents we often find ourselves in situations where people are resistant to learning. The many reasons for this vary. Some of the first activities I used from Alanna's book were the Creative Coloring, the Good, Bad and Ugly and Create a country activities. The activities gave individuals an opportunity to make their own choices, to support and encourage one another and to empower each other to succeed. Sometimes it can be very difficult to get our clients to participate. These activities helped the most introverted members of our groups blossom. The activities were successful in that they helped the clients to discuss personal issues that were holding them back from succeeding and moving forward. The activities helped individuals who do not like to participate to feel more a part of the group and not so alone. After working with our clients and using some of the activities in the book we can see improvement in the areas of concern mentioned above. The activities can be altered to fit the needs and concerns of each unique group. Alanna's book provided yet another powerful resource of creative ideas and activities to help our clients grow. I would recommend this book not only because it has many useful ideas and activities, but because it will spark your creativity to develop even more as well.

This is a GREAT book for Sp.Ed.Teachers, Teachers, Counselors, Church group leaders and families. Children, teens and adults can all learn more about themselves while having a good time. This book works on Self-Esteem, Coping Skills, Communication, Anger Management, Self-Discovery and Teamwork. Each game is prepared with Objectives, Audience, Group size, Materials, Description, Discussion prompts and Variations for 104 EXCITING GAMES. Most of these games can be played with ordinary household or classroom materials. Alanna Jones has also written another HELPFUL and FUN BOOK called The Wrecking Yard

This book contains excellent, easy and fun, not to mention therapeutic, ideas. Most activities, however are geared toward older children, of reading age and thus can not be used with younger children. I have used many of these activities with great response from the children who have so much fun they don't realize they are growing and discovering a lot about themselves.

I was a little afraid the teens at my high school would find the games "babyish" or too "corny" but let me tell you they LOVE these games. Any book that can get 13-18 year old Latino and African American males engaged is a must have!

This book is a great resource for anyone working with children or adolescents! I bought it because I needed ideas for activities for elementary school students, but it has been useful for the adolescents I work with, too. There are a lot of really creative ideas in here, and I have used it consistently since the day I got it. All of my coworkers think I am so creative now! This is a very useful book and well worth the money.

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