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By Dianne Schilling

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- think through the consequences of their actions
- learn how to take the perspectives of others and to develop empathy
- accept responsibility for their decisions
- develop skills for positively managing conflict, anger, and stress

The instructional strategies are appropriate for classroom or counseling groups and include a variety of meaningful large- and small-group activities, lively discussion topics, and reproducible activity sheets. This collection of the most popular and effective social-emotional activities ever offered by Innerchoice Publishing is organized into ten units. They are:

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- Managing Feelings
- Decision Making
- Managing Stress
- Personal Responsibility
- Self-concept
- Empathy
- Communications
- Group Dynamics
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