



# The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula

By Lindsey Joiner

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For difficult or challenging children and teenagers in therapeutic or school settings, creative activities can be an excellent way of increasing enjoyment and boosting motivation, making the sessions more rewarding and successful for everyone involved.

This resource provides over one hundred tried-and-tested fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers aged 5+. Employing a variety of expressive arts including art, music, stories, poetry and film, the activities are designed to teach social skills development, anger control strategies, conflict resolution and thinking skills. Also included are character education activities and ideas for conducting therapeutic day camps, including sample schedules and handouts. The activities can be used in many different settings with all ages, are flexible, and can be adapted for use with individuals or groups.

Brimming with imaginative ideas, this resource will be invaluable to anyone working with children and teenagers, including school counselors, social workers, therapists, psychologists and teachers.

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## **The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula** By Lindsey Joiner Bibliography

- Sales Rank: #54752 in Books
- Brand: Brand: Jessica Kingsley Publishers
- Published on: 2011-11-15
- Released on: 2011-11-15
- Original language: English
- Number of items: 1
- Dimensions: 10.98" h x .58" w x 8.50" l, 1.50 pounds
- Binding: Paperback
- 256 pages

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#### Review

Many kinds of reader would benefit from reading this book. It is well written and, although it is specifically targeted at therapists and teachers seeking to develop young people's emotional intelligence, it is full of practical applications designed for use by special needs teachers as well as teachers and instructors responsible for promoting wellbeing. -- Special Children Joiner's book is an invaluable asset for anyone striving to teach emotional intelligence, whether in a counseling, educational or camp setting. Her upbeat approach and clear objectives for each activity make the work widely accessible and engaging. This volume will prove to be a well-worn companion for those who love to work with children. -- Suzanne Darley PhD, co-author of The Expressive Arts Activity Book The Big Book of Therapeutic Activity Ideas has been valuable in helping to plan creative and motivating activities and is a wonderful resource for professionals seeking to integrate creative art-based interventions. -- Young Minds

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The Big Book of Therapeutic Activity Ideas has been valuable in helping to plan creative and motivating activities and is a wonderful resource for professionals seeking to integrate creative art-based interventions. (Young Minds)

#### About the Author

Lindsey Joiner is a Positive Behavior Specialist with Meridian Public School District in Mississippi (USA). She is a Licensed Professional Counselor, National Certified Counselor, and Board Qualified Supervisor. Many of the activities in this book were developed as part of Lindsey's experience conducting and supervising day treatment programs for children and teens in a community mental health center. She discovered that creative activities helped to engage and motivate the children and teens, improving their enjoyment and attendance in therapeutic sessions.

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### **Brian Faber:**

Playing with family in the park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love *The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula*, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

### **Jeanne Newman:**

What is your hobby? Have you heard that will question when you got students? We believe that that concern was given by teacher to their students. Many kinds of hobby, All people has different hobby. And you also know that little person similar to reading or as studying become their hobby. You should know that reading is very important and book as to be the thing. Book is important thing to incorporate you knowledge, except your personal teacher or lecturer. You see good news or update in relation to something by book. Amount types of books that can you take to be your object. One of them are these claims *The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula*.

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