



Educación emocional. Programa de actividades para Educación Secundaria Obligatoria (Educación emocional y en valores) (Spanish Edition)

Montserrat Cuadrado Bonilla, Vicent Pascual Ferris

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La formación integral del alumnado se convierte en el objetivo básico de su escolarización. A partir del trabajo por programas en educación emocional se puede desarrollar en los alumnos la capacidad de afrontar problemas y llegar a soluciones satisfactorias, mejorar sus relaciones sociales o mantener un nivel adecuado de autoestima. Planteamientos que se convierten en puntos de partida que todo educador debe tener en cuenta. Esta obra ofrece una serie de actividades pensadas para trabajar con jóvenes de entre 12 y 16 años y estructuradas en cinco grandes bloques: Conciencia emocional, Regulación emocional, Autoestima, Habilidades socioemocionales y Habilidades de vida.

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