



## The Mouse, the Monster and Me: Assertiveness for Young People

By Pat Palmer

Boulden Pub, 2011. Paperback. Book Condition: New. Sue Rama (illustrator). 201 x 150 mm. Language: English . Brand New Book. The Mouse, the Monster and Me: Assertiveness for young people. brings Social and Emotional Learning (SEL) to children in a fun and engaging manner. The artwork, narrative and exercises illustrate aggressive "monster" and passive "mouse" behaviors, helping young readers identify these characteristics in themselves and in others. It also encourages children to explore the "me" communication style, based on responsibility, respect, and rights. This bestselling book teaches healthy, non-violent conflict management skills that help kids stop being or attracting bullies. When youngsters learn how to assert themselves appropriately, they gain self-esteem and safer, happier relationships. Previous editions of The Mouse, the Monster and Me and the companion Liking Myself sold over 500,000 copies! Teaches assertiveness which can curb and prevent bullying. Includes simple and fun activities and exercises to help reinforce the lessons. Social and Emotional Learning (SEL) is proven to: Improve academic performance. Reduce bullying. Build positive self-esteem. Promote the development of healthy relationships. Help children resist peer pressure. Companion to Liking Myself.



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