

TABLE OF CONTENTS

Dedicationiii
Acknowledgments	v
Activities at a Glance	ix
Introductionxi
Chapter One: Assessment	1
1. Pin the Tail on the Donkey	3
2. People in My World	6
3. Butterflies in My Stomach.....	9
4. Sticky Dots	12
5. Puzzle	15
6. Life's Ups & Downs	17
Chapter Two: Identifying and Expressing Feelings	19
1. The HOT POTATO Game	21
2. The CANDY LAND Game	24
3. Finger Paints	27
4. Basketball	29
5. Feelings Blow-out.....	32
6. Feelings Tic Tac Toe	34
Chapter Three: Coping with Feelings	37
1. Stuffed Animals	38
2. Clay	43
3. The TROUBLE Game	45
4. A Lot on My Plate	49
5. Darts.....	50
6. Comfort Kit	54
Chapter Four: Social Skills	57
1. Magic Carpet Ride	58
2. YAK BAK	61
3. Hugs	67
4. Building Blocks	70
5. Nerds, Runts, & Dweebs.....	73
6. Friendship Bracelets	76

Chapter Five: Self-esteem	79
1. King or Queen for a Day	81
2. Smiley Faces	82
3. Celebration	85
4. The PERFECTION Game	88
5. Over the Rainbow	90
6. The Hero in You	92
Graduation Ceremonies	93
Appendix A	97
Appendix B	103
Bibliography	104
Resources	109
About the Author.....	111