



## **104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills**

*Alanna Jones*

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This popular book makes teaching and learning by playing games a simple and fun experience for everyone. Games can be used to encourage people to modify their behavior, increase interaction with others, start discussions, address issues and build relationships. This book contains 104 games and activities that address the topics of teamwork, self-esteem, communication, coping skills, anger management, and self-discovery. If you have a small group, large group or even one-on-one sessions there is something useful in 104 Activities That Build for you. Games that can be used in any setting with minimal resources and on any budget! It's more than pen/pencil worksheets; it's interactive and fun.

## **104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills Details**

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## **From Reader Review 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills for online ebook**

### **Jennifer says**

Love this book & so I glad I got it!

Covers skills in teamwork, self-esteem, communication, self-discovery, anger management & coping.

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### **Jillian says**

Not the best writing/presentation, but this is a great collection of fun activities that can be adapted for all manner of groups. I will definitely be returning to this book for ideas often.

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### **The Badger says**

The activities themselves are fun. However, you have to keep in mind that the students who need the most intervention are the ones who require the most management. These activities are best done in small groups with two or more adults facilitating.

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### **Erin says**

This book has great activities and skills to build on or develop...this is perfect for teachers and counselors!

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