

Sky High Workbook 5 A

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Managing Strong Emotions - Oxford Health NHS Foundation ...

The workbook is arranged across four key sections: Understand and recognising emotions 3 Explore, understand and reflect on experiences 6 ... Oxford Health NHS Foundation Trust 5 The table below can help you to identify what emotion you ... How about looking at the clouds or stars in the sky? Write down three things which you enjoy looking at ...

Workbook for Rapid Planning Method (RPM) - Tony Robbins

After completing the exercises in this workbook, you can take any vision

and turn it into reality by recognizing and using the resources inside of you. ... These are the kinds of words that can give you a high level of energy and enthusiasm. Trigger words change your biochemistry and level of energy and are the “juice” behind the action. ...

Evaluation of a number skills development programme - ed

obtain teachers' views about the program (n = 5). The findings of the study showed that the programme was effective in de velopi ng the numeracy of the total sample, and of learners from the different types of schools. It was concluded that the use of concrete educational material should be central i n the teaching of number skill s in Grade 2.