**Personal Development ideas**

Short movie called Bounder from Incredibles DVD - self concept

Book Empty Pot by Demi for values

Mind Power – self concept - **Activities that Teach by Tom Jackson**

Sticks and Stones – self esteem - **More Activities that Teach by Tom Jackson**

**Emotions**

How are you PEELING? Foods with Moods by Saxton Fremann

MOODS game have to go through and remove inappropriate cards.

**Today I feel silly and other Moods by Jamie Lee Curtis**

Come on Six – stress - **More Activities that Teach by Tom Jackson**

**Communication – use lots of activities for them to practice the skills**

**Activities that Teach by Tom Jackson**

Back Art – communication

Pass Right – Pass Left –communication

**More Activities that Teach by Tom Jackson**

Add a word – intro to communication

Inquiring Minds – self esteem or communicaiton

Sounds Like – communication

Quick Shapes – communication

Quick shapes – communication

**Still More Activities that Teach**

He Said – She said – gossip

Here’s what I saw – conflict resolution

**More Activities that Teach by Tom Jackson**

Add a word – intro to communication