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Activities to Enhance Social, Emotional, and Problem-solving Skills: Ninety Activities That Teach Children, Adolescents, and Adults Skills Crucial to Success in Life, 3rd Ed.

John M. Malouff, Nicola S. Schutte

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Since the publication of the first edition in 1998, the authors have maintained a strong interest in positive psychology focusing on skills and methods for living effectively and happily. This updated and revised third edition provides descriptions of 90 engaging activities that can be used to teach valuable, social, emotional, and problem-solving skills. Some of the skills taught include identifying and expressing one's own emotions, identifying emotions in others, coping with stressors, making and keeping friends, setting goals, and solving real-life problems. The game and challenge aspects of the activities engage the trainee in the activity, while the instructional aspects of the book explain to the trainee how and when to apply a skill in everyday life. The book provides background information on the value of the skills taught by the activities, guidance on how to use the activities to maximum effect, and examples of how various types of trainees reacted to the activities. The skills taught range from the elementary, such as identifying emotions others are experiencing, to the sophisticated, such as providing leadership and solving real-life problems. Counselors, psychotherapists, teachers, and parents can use the activities to facilitate the development of important skills in maladjusted or well-adjusted individuals. Rhea Zakich, creator of the Ungame, wrote in the foreword: I'm struck by the breadth and practicality of the subjects covered and I appreciate the suggested discussion topics at the end of each activity. . . . The fact that many of these exercises involve the entire person, body, mind and emotions, will help the participants retain what they learn and be more apt to transfer their learning to everyday life.

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