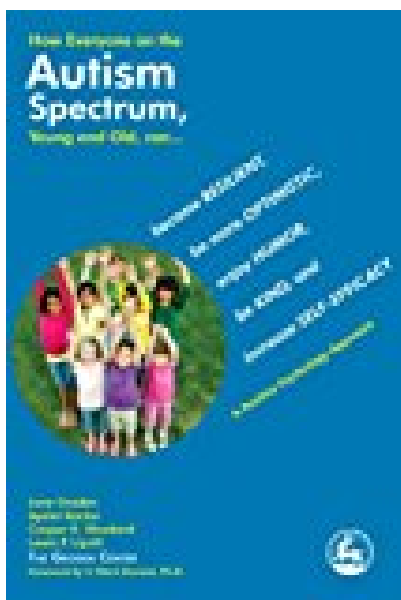


How Everyone on the Autism Spectrum Young and Old can... become Resilient be more Optimistic enjoy Humor be Kind and increase Self-Efficacy - A Positive Psychology Approach



BOOK DETAILS

- Author : Ayelet Kantor
- Pages : 272 Pages
- Publisher : Jessica Kingsley Publishers
- Language : English
- ISBN : 1849058539

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BOOK SYNOPSIS

Encouraging people on the autism spectrum to foster positive emotions and character traits can dramatically improve their lives in every way, and help to strengthen their ability to cope with everyday challenges and setbacks. Drawing on the key concepts of positive psychology, this book looks in detail at five positive character traits - resilience, optimism, humor, kindness, and self-efficacy - and offer tried and tested strategies for bolstering each strength in individuals with ASD. The authors provide rich and varied lesson plans which contain a multitude of activities designed to build on the five areas identified, and which can be easily implemented at home, at school, or in the community. This complete "toolkit" provides parents, educators and other professionals with everything they need to know to use positive psychology strategies to support people of all ages and abilities on the autism spectrum.

HOW EVERYONE ON THE AUTISM SPECTRUM YOUNG AND OLD CAN... BECOME RESILIENT BE MORE OPTIMISTIC ENJOY HUMOR BE KIND AND INCREASE SELF-EFFICACY - A POSITIVE PSYCHOLOGY APPROACH - Are you

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