

# Calmer Classrooms: Working with Traumatized Students Resource List

## School Resource Websites

Child Trauma Toolkit for Educators

[http://www.nctsn.org/nctsn\\_assets/pdfs/Child Trauma Toolkit\\_Final.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

Helping Traumatized Children Learn

<http://www.massadvocates.org/download-book.php>

The Heart of Learning and Teaching Compassion, Resiliency and Academic Success

<http://k12.wa.us/CompassionateSchools/HeartofLearning.aspx>

Optimum Learning Environments for Traumatized Children

[http://www.jaspermountain.org/optimum\\_learning\\_environment.pdf](http://www.jaspermountain.org/optimum_learning_environment.pdf)

Resilience and Recovery from Trauma

[http://www.tsaforschools.org/index.php?option=com\\_content&task=view&id=92&Itemid=81](http://www.tsaforschools.org/index.php?option=com_content&task=view&id=92&Itemid=81)

Trauma in Children and Related Learning Problems

<http://www.psychiatry.emory.edu/PROGRAMS/GADrug/Feature%20Articles/Parenting/2006%20Trauma%20in%20Children%20and%20Related%20Learning%20Problems.pdf>

Understanding and Helping Children Who Have Been Traumatized

[http://www.jaspermountain.org/understanding\\_helping\\_children.pdf](http://www.jaspermountain.org/understanding_helping_children.pdf)

Child Trauma Academy (Dr. Bruce Perry) - Free on-line courses

<http://www.childtraumaacademy.com/>

The Attachment and Trauma Center of Nebraska Training Institute

<http://www.atcnebraska.com/>

National Child Traumatic Stress Network

<http://www.nctsn.org>

Trauma Informed Classrooms

<http://www.huffingtonpost.com/news/trauma-informed-classrooms>

Developing Trauma Informed Schools

<http://traumaawareschools.org/>

Facilitating attachment in children with trauma slide show

<http://www.atcnebraksa.com/>

## Clinical Information Websites

Brad Chapin – Self regulation

<http://www.Selfregulationstation.com>

Child Trauma Academy

<http://www.childtrauma.org/>

David Baldwin's Trauma Page

<http://www.trauma-pages.com/articles.php>

Learning Center for Child and Adolescent Trauma

<http://learn.nctsn.org/course/category.php?id=3>

National Post Traumatic Stress Network

<http://www.ptsd.va.gov/>

National Adverse Childhood Experiences (ACE) Study

<http://www.cdc.gov/ace/index.htm>

## Books

Forbes, Heather T. 2012, *Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom*, Beyond Consequences Institute, LLC.

Diamond, Susan, *2011 Social Rules for Kids – The Top 100 Social Rules Kids Need to Succeed*, AAPC, Shawnee Mission, KS.

Garland, Teresa, 2014, *Self-Regulation Interventions and Strategies – Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders*, Eau Claire, WI, PESI Publishing.

Burdick, Debra, 2014, *Mindfulness Skills for Kids & Teens – A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets*, Eau Claire, WI, PESI Publishing.

Siegel, Daniel M.D., *The Mindful Brain*.

Siegel, Daniel M.D. and Tina Payne Bryson, *The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, Bantam Books, NY, NY, 2011

Siegel, Daniel, M.D. & Tina Payne Bryson, 2015, *The Whole-Brain Child Workbook*, PESI Publishing Company, Eau Claire, WI.

Perry, Bruce M.D. and Maia Szalavitz, 2006, *The Boy Who Was Raised as a Dog and Other Stories from a Child Psychiatrist's Notebook*, New York, NY, Basic Books.

Kohn, Alfie, 2005, *Unconditional Parenting: Moving Rewards and Punishments to Love and Reason*, New York, NY, Atria.

Purvis, Karyn, 2007, *The Connected Child: Bring Hope and Healing to Your Adoptive Family*, McGraw Hill, NY, NY.

Cardon, Teresa, 2004, *Let's Talk Emotions: Helping Children with Social Cognitive Deficits*, APC, Shawnee Mission, KS.

Souers, Kristin, 2016, *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom*, ASCD, Alexandria, VA.

Greene, Ross, Ph.D., 2014, *The Explosive Child*, Harper Collins, NY, NY.

Dawson, Peg, Ed.D. & Richard Guare, 2009 *Smart but Scattered*, The Guilford Press, NY, NY.

Kuypers, Leah, 2011, *The Zones of Regulation*, Think Social Publishing, Inc., San Jose, CA.

Winner Garcia, Michelle, 2014 *Thinksheets for Teaching Social Thinking & Related Skills*, Think Social Publishing, Inc., 1st edition

Forbes, Heather & Jim Sporleder, *A Study Guide for Help for Billy*, 2016, Beyond Consequences Inc.

Forbes, Heather, Beyond Consequences Logic and Control: A Love-based Approach to Helping Children with Severe Behaviors, Volumes 1 & 2

Forbes, Heather, Dare to Love: The Art of Merging Science and Love into Parenting Children with Difficult Behaviors.

Forbes, Heather, Power of the Mind: Affirmations for Regulation (Audio CD).

Duckworth, Angela, Grit: The Power of Passion & Perseverance, Scribner.

Elliott, Rob, Laugh Out Loud Jokes for Kids, (good for class breaks)

## Articles

There's no such thing as a bad kid in these six Spokane, WA, trauma-informed elementary schools  
<http://acestoohigh.com/2013/08/20/spokaneschools/>

Q-and-A with Suzanne Savall, principal of trauma-informed elementary school in Spokane, WA  
<http://acestoohigh.com/2013/08/20/q-and-a-with-suzanne-savall-principal-of-trauma-informed-elementary-school-in-spokane-wa/>

## Self-Regulation/Sensory Tools

- Creative Therapy Associates – ctherapy.com
- Gonoodle.com
- Kidsplaybox.com
- Lemonlimeadventures.com
- Orientaltrading.com
- Pinterest – sensory tools for kids
- Therapysshoppe.com
- Officeplayground.com
- Trainerswarehouse.com

## Apps

- The Breathing Butterfly by - Tip-Tok
- Focus 1-2-3 by Oranda
- Kaleidoscope Drawing Pad
- Breathing Bubbles
- Calm Kids with Mamaphant by James Golding
- Smiling Mind
- Sit With Us (coordinate lunches with friends – promotes kindness and inclusion)
- Mindshift by Anxiety Disorders Association
- OMG, I Can Meditate
- Mindfulness for Children
- Calm
- Settle your Glitter
- Stop, Breathe, Think

## YouTube

- Cosmic Kids Zen Den Series Mindfulness for Kids – ages 5+
- Sesame Street: Me Want it (But Me Wait) with Cookie Monster
- Sesame Street: Belly Breathe with Elmo
- Little Flower Yoga
- gonoodle – get moving/dancing videos/Maximo

## Websites

- Gozen.com (anxiety)
- braingym.org
- School-psyched.com
- Green tree yoga greentreeyoga.org
- Childhood101
- mindyeti.com (guided audio sessions)
- Zonesofregulation.com
- randomactsofkindness.org
- mentalhealthamerica.net (depression screening)
- Yoga4classrooms.com (yoga cards for the classroom)
- Livesinthebalance.org
- Socialthinking.com
- goodbehaviorgame.org
- Heysigmund.com
- Heartmindkids.com
- Mindfulschools.org
- ripplekindess.org (kindness trees)

## Children and Teens

### Books

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli
- *The Way I Feel*, Janan Cain
- *What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler
- *Gratitude Soup*, Olivia Rosewood
- *Sprinkle Your Sparkles: Show Your Love and Kindness*, Kirsten Tulsian & Mary Gregg Byrne
- *Take The Time: Mindfulness for Kids*, Maud Roegiers
- *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts
- *The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time*, Dzung, X
- *Mindfulness Skills for Kids and Teens*, Debra Burdick
- *Feelings to Share*, Todd & Peggy Snow
- *Master of Mindfulness – How to be Your Own Superhero in Times of Stress*, Laurie Grossman
- *How is Daniel Feeling*, Maggie Testa
- *Quite Loud*, Leslie Patricelli
- *Baby Faces*, Margaret Miller
- *It's Hard to Be Five: Learning How to Work My Control Panel*, Jamie Lee Curtis & Laura Cornell
- *Incredible You*, Dr. Wayne W. Dyer
- *The Big Book of Hugs – A Barkley the Bear Story*, Nick Ortner & Alison Taylor
- *A Terrible Thing Happened*, Margaret Holmes
- *Anh's Anger*, Gail Silver
- *Mindful Monkey, Happy Panda*, Lauren Alderfer
- *Lacey Walker, Nonstop Talker*, Christianne Jones
- *Steps and Stones: An Anh's Anger Story*, Gail Silver