**Calmer Classrooms: Working with Traumatized Students Resource ListA close up of a logo

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**Websites for Educators**

Adverse Childhood Experiences (ACE) Study – cdc.gov, acestoohigh.com, centerforyouthwellness.org, acesconnection.com

After a Suicide: A Toolkit for Schools – Suicide Prevention Resource Center – sprc.org

Brad Chapin – Selfregulationstation.com

Child Trauma Academy – childtrauma.org (Dr. Bruce Perry)

Child Trauma Toolkit for Educators – nctsnet.org

Commonsensemedia.org

Developing Trauma Informed Schools – traumaawareschools.org

Garrisoninstitute.org

Helping Traumatized Children Learn – traumasensitiveschools.org

Mental Health America – mentalhealthamerica.net

Mindfulschools.org

Model School District Policy on Suicide Prevention – thetrevorproject.org

Preventing Suicide: A Tool Kit for High School – SAMHSA.gov

Responsiveclassroom.org

The Heart of Learning and Teaching Compassion, Resiliency and Academic Success –k12.wa.us

The National Child Traumatic Stress Network – nctsn.org

The Relationship Between Bullying and Suicide – cdc.gov

**Books for Educators and Parents**

Alexander, Jen, 2019*, Building Trauma-Sensitive Schools*.

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

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

Craig, Susan, 2008*, Reaching and Teaching Children Who Hurt: Strategies for your Classroom*.

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

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

Harris Burke, Nadine, M.D., 2018, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*,

Houghton Mifflin Harcourt, Boston.

Jennings, Patricia, 2015, *Mindfulness for Teachers* W.W. Norton & Company.

Kamenetz, Anya, 2018, *The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life,* Hachette Book Group, NY, NY.

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

Nakazawa Jackson, Donna, 2016, *Childhood Disrupted: How your Biography Becomes your Biology, & How to Heal,* Atria Books.

Newport, Cal, 2019, *Digital Minimalism: Choosing a Focused Life in a Noisy World*, Penguin, NY, NY.

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.

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

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

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

Van der Kolk, Bessel, 2014, *The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma,* Penguin Group, New York, New York.

**Self-Regulation/Sensory Tools**

* Creative Therapy Associates – ctherapy.com
* Gonoodle.com
* Kidsplaybox.com
* Lemonlimeadventures.com
* CapeAble.com (weighted products)
* Pinterest – sensory tools for kids
* Therapyshoppe.com
* Officeplayground.com
* Trainerswarehouse.com

**Apps for Students**

* 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
* Seesaw: The Learning Journal

**YouTube for Classroom**

* Cosmic Kids Zen Den Series Mindfulness for Kids and Peace Out (Cosmic Kids Yoga) – ages 5+
* Little Flower Yoga
* Gonoodle – get moving/dance videos/Maximo
* Sesame Street: Me Want it (But Me Wait) with Cookie Monster
* Sesame Street: Belly Breathe with Elmo

**Websites for Classroom**

* Gozen.com (anxiety)
* braingym.org
* teensfindinghope.org
* greentreeyoga.org
* Childhood101.com
* mindyeti.com (guided audio sessions)
* Zonesofregulation.com

* Yoga4classrooms.com
* Livesinthebalance.org (Dr. Ross Greene)
* Socialthinking.com
* Heysigmund.com
* Heartmindkids.com
* Mindfulschools.org
* Search-institute.org (40 developmental assets)

**Children and Teens Books**

*A Terrible Thing Happened*, Margaret Holmes

*Anh’s Anger*, Gail Silver

*Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts

*Feelings to Share*, Todd & Peggy Snow

*Glad Monster, Sad Monster*, Ed Emberley & Anne Miranda

*How is Daniel Feeling*, Maggie Testa

*Incredible You*, Dr. Wayne W. Dyer

*It’s Hard to Be Five: Learning How to Work My Control Panel*, Jamie Lee Curtis & Laura Cornell

*Mindful Monkey, Happy Panda*, Lauren Alderfer

*Peaceful Piggy Meditation*, Kerry Lee MacLean

*Puppy Mind*, Andrew Jordan Nance

*Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snell

*Steps and Stones: An Anh’s Anger Story*, Gail Silver

*Take The Time: Mindfulness for Kids*, Maud Roegiers

*The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time,* Dzung, X

*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

*Your Fantastic Brain: Stretch it, Shape it,* JoAnn Deak & Sarah Ackerley