



## Favorite Books to Read to Kids

- **The Family Book**, Todd Par
- **Penguin Problems**, Jory John and Lane Smith
- **Calm Down Time**, Elizabeth Verdick and Marieka Heinlen
- **Beautiful Oops**, Barney Saltzberg
- **Stuck**, Oliver Jeffers
- **The Most Magnificent Thing**, Ashley Spires
- **How Full is Your Bucket for Kids**, Tom Rath and Mary Reckmeyer
- **The Day The Crayons Quit**, Drew Daywalt and Oliver Jeffers
- **How to Take the Grrr Out of Anger**, Elizabeth Verdick, Marjoan Lisovskis
- **The Glad Monster: A book About Feelings**, Ed Emberley and Anne Miranda
- **The Color Monster**, Anna LLenas



## Books and Materials for Adults

- **The Mindful Child and Mindful Games**, Susan Kaiser Greenland
- **The Whole Brain Child**, Dan Siegel, Tina Payne Bryson
- **No Drama Discipline**, Dan Siegel, Tina Payne Bryson
- **Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family**, by Naumburg, Carla
- **Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)**, by Eline Snel and Myla Kabat-Zinn
- **Your Fantastic Elastic Brain**, by JoAnn Deak Ph.D. and Sarah Ackerley
- **Calm-Down Time**, by Elizabeth Verdick and Marieka Heinlen
- **Adventure Skill – Self-Regulation Flash Cards**, by Move with Me Yoga Adventures  
These sturdy 5.5" x 8.5" cards, with colorful images on front and easy-to-follow directions on back, offer child-friendly activities that support well-being and enhance social-emotional learning....
- **The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age**, Catherine Steiner-Adair EdD. (<http://catherinesteineradair.com>)
- **Reset Your Child's Brain: A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time**, Victoria Dunkley (<http://drdunckley.com>)



## Digital Resources

- **Edutopia:** [https://www.edutopia.org/article/26-research-based-tips-you-can-use-in-classroom-tomorrow-todd-finley?utm\\_source=2017.04-Newsletter&utm\\_campaign=Newsletter%20FY17%20-%202017.04&utm\\_medium=email](https://www.edutopia.org/article/26-research-based-tips-you-can-use-in-classroom-tomorrow-todd-finley?utm_source=2017.04-Newsletter&utm_campaign=Newsletter%20FY17%20-%202017.04&utm_medium=email)
- **www.joinvroom.org:** daily brain-building tips, by age group, sent to your cell phone
- **www.mindful.org:** articles about using mindfulness for reducing stress, and increasing brain health
- **http://tinabryson.com:** loaded with books and articles about raising a healthy "whole brain" child
- **http://www.kidsinthehouse.com,** many strategies for building healthy brains, make sense of what's happening, and manage their emotional responses in a way that allows them to move on.
- **http://momentousinstitute.org/blog,** A blog resource that sends weekly tips to members concerning social emotional learning.
- **http://theinspiredtreehouse.com/inchworm-core-strength-exercise-kids/,** features child development information from pediatric therapists as well as gross motor, fine motor, and sensory activities designed to enhance child behavior
- **"Self-Regulation: A Cornerstone of Early Childhood Development,"** Linda Groves Gillespie and Nancy L. Seibel (<http://journal.naeyc.org/btj/200607/Gillespie709BTJ.pdf>) Great article about developing self-regulation skills in young children.
- **Victoria Dunkley** on the effects of screen time on children, <http://wgnradio.com/2015/12/29/dr-victoria-dunkley-on-the-effects-of-electronic-screen-time/>