**Recommended Resources for Professionals**

Blaustein and Kinniburgh. Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency.

Brendtro, Larry, Martin Brokenleg, and Steve Van Brockern. Reclaiming Youth at Risk. Our Hope for the Future.

Brendtro, Larry and Martin Mitchell. Deep Brain Learning. Evidenced-based essentials in education, treatment, and youth development.

Burdick, Debra. Mindfulness Skills for Kids & Teens.

Cole, Susan F. Helping Traumatized Children Learn: Supportive School Environments for Children Traumatized by Family Violence.

Cozolino, Louis. Attachment-Based Teaching. Creating a Tribal Classroom.

Dawson, Peg, and Richard Guare. Executive Skills in Children and Adolescents, third edition: A practical guide to assessment and intervention.

Denton, Paula. The Power of our Words: Teacher Language that Helps Children Learn.

Gray, Carol. Comic Strip Conversations.

Garland, Teresa. Self-Regulation Interventions and Strategies: Keeping the body, mind and emotions on task in children with Autism, ADHD or Sensory Disorders.

Greene, Ross W., and J. Stuart. Ablon. Treating Explosive Kids: The Collaborative Problem-Solving Approach.

Kuypers, Leah M., and Michelle Garcia. Winner. The Zones of Regulation: A Curriculum Designed to Foster Self-regulation and Emotional Control.

Perry, Bruce Duncan, and Maia Szalavitz. The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us about Loss, Love, and Healing.

Rechtschaffen, Daniel. The Way of Mindful Education. Cultivating Well-Being in Teachers and Students.

Siegel, Daniel J., and Tina Payne. Bryson. The Whole-brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind.

Souers, Kristin. Fostering Resilient Learners. Strategies for Creating a Trauma-Sensitive Classroom.

Teater, Martha and John Ludgate. Overcoming Compassion Fatigue: A practical resilience workbook.

The MindUp Curriculum. Brain-focused strategies for learning- and living.

van Dernoot Lipsky, Laura and Connie Burk. Trauma Stewardship: An everyday guide caring for self while caring for others.

Willis, Judy, M.D. Research-Based Strategies to Ignite Student Learning.

Willis, Judy, M.D. Brain-Friendly Strategies for the Inclusion Classroom.s

**Online resources**

National Child Traumatic Stress Network (NCTSN) Website [www.NCTSNET.org](http://www.nctsnet.org/)

Bruce Perry - [www.Childtraumacademy.org](http://www.childtraumacademy.org/)

Margaret Blaustein – The Trauma Center at JRI, [www.jri.org](http://www.jri.org/)

Michelle Garcia Winner  [www.socialthinking.com](http://www.socialthinking.com/)

Center on the Developing Child- Harvard University- [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu/)

Head Start Trauma Smart <http://traumasmart.org/resources/>

Books that heal kids.  [http://booksthathealkids.blogspot.com/](http://booksthathealkids.blogspot.com/%22%20%5Ct%20%22_blank)

Mindful teachers: <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>

ARC Model: <http://arcframework.org/>

**Recommended Resources for Youth**

Ackerly, Sarah. Your Fantastic Elastic Brain.

Applegate, Katherine. Crenshaw.

Balliett, Blue. Hold Fast.

Brukner, Lauren. The Kids’ Guide to Staying Awesome and In control.

Huber, Cheri and June Shiver. How you do anything is how you do everything- a workbook.

MacLean, Kerry Lee. Moody Cow Meditates.

Marbaix, Jane. Zentangle for kids.

Palacio, RJ. Wonder.

Pransky, Jack & Amy Kahofer. What is a Thought? (A Thought is a Lot).

Snel and Kabat-Zinn. Sitting Still like a Frog.

Watt, Melanie. Scaredy Squirrel.

**Recommended Games**

Moods: It’s all in the way you say it game

Apples to Apples, kids 7+

Whonu

Charades

Totika