



## Book List for Middle/High School Parents, Providers and Educators

### Workbooks

#### The MindUp Curriculum: Brain-Focused Strategies for Learning—And Living

This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life. The lessons fit easily into any schedule and require minimal preparation. Classroom management tips and content-area activities help you extend the benefits of MindUP throughout your day, week, and year!

Includes a full-color, innovative teaching poster with fascinating facts about the brain! For use with Grades 6-8.

#### 101 Ways to Teach Children Social Skills: A Ready-To-Use Reproducible Activity Book by Lawrence E. Shapiro

This appealingly illustrated book includes 101 ready-to-use, reproducible activities to help children improve their social skills. Topics include communicating; expressing your feelings; caring about yourself and others; problem solving; listening; standing up for yourself; and understanding and managing conflict.

#### What Color Are My Feelings? Workbook: Middle School Edition by Daria O'Brien

Reinforce emotional regulation concepts with 30 interactive worksheet activities for children in middle school. Upon completion can be compiled into personalized workbook. Print & Go activities (PENCIL/CRAYON ONLY -- no cutting, gluing, laminating)!

Included in this resource:

- Identify WHERE behaviors are appropriate
- Distinguish how feelings of others are affected
- Determine what other people might think and say
- Analyze nonverbal facial expressions.
- Draw your face in 4 emotional areas
- Identify emotional triggers
- Determine strategies (thoughts & actions) to stay calm

Downloadable for free at [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)

#### The Zones of Regulation: A Curriculum Designed to Foster Self-Regulation and Emotional Control by Leah M. Kuypers

<https://zonesofregulation.com/index.html> The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which



in turn leads to increased control and problem-solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called \"zones,\" with each of four zones represented by a different color.

In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem-solving skills.

### **Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back** by Mary Karapetian Alvord & Anne McGrath

For teens who have anxiety or black and white (negative) thinking. This workbook offers a powerful technique called *cognitive restructuring* to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the *I can't* habit, the *doom and gloom* habit, the *all or nothing* habit, the *jumping to conclusions* habit, and more!

Each chapter will walk you through simple explanations of each kind of negative thought, and offers real-life examples—as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. You'll also gain an understanding of unhelpful or unrealistic thoughts, how to challenge them, how to replace them with more realistic and helpful thoughts, and an action plan for moving forward.

By recognizing these negative thinking habits, you'll feel more in control and less anxious and sad. Most importantly, you'll be able to see yourself and the world more clearly. Your thoughts don't have to define who you are and how you experience life. The transdiagnostic approach in this book will show you how to kick negative thinking habits to the curb for good!

### **A Volcano in My Tummy: Helping Children to Handle Anger** by Eliane Whitehouse & Warwick Pudney

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions.



A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. Ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.

**Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers** by Pamela Crooke & Michelle Garcia Winner

The core of the book consists of 10 social scenarios, each one scenario is played out through the lens of Social Fortune or Social Fate by demonstrating visually how a situation can change quickly based on how someone reacts within it.

Every scenario begins with a mini-story told through a four pictured comic strip which then leads the protagonist to a decision-making point. If the decision made leads to others feeling good and ultimately the character feeling good about him or herself, this will be represented as "social fortune." However, if the protagonist makes a decision that traps him/her and peers/adults in an uncomfortable or frustrating situation, this leads to "social fate." The social fortune and social fate decisions are depicted through unique four-pictured comic strips.

**The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination** by Robin Alter & Crystal Clarke

The Anxiety Workbook for Kids is a fun and unique workbook grounded in evidence-based CBT and designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this workbook, children will learn that, just as they are capable of envisioning vivid scenarios that fuel their anxiety, they are capable of using their imagination to move away from anxious thoughts and become the boss of their own worries.

### ***Books for Older Children and Adults***

**Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing** by Dr. Peter Levine

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents like auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this audiobook is the understanding of how trauma is imprinted on the body, brain, and spirit - often resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression.

Rich with case studies and hands-on activities, Trauma Through a Child's Eyes gives insight into children's innate ability to rebound with the appropriate support and provides their caregivers with tools to overcome and prevent trauma.



**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma** by Dr. Bessel Van Der Kolk

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

**The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults** by Dr. Frances Jensen

Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers.

Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals.

**Brainstorm: The Power and Purpose of the Teenage Brain** by Daniel J. Siegel

Between the ages of 12 and 24, the brain changes in important, and oftentimes maddening, ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to renowned neuropsychiatrist Daniel Siegel, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another.

In *Brainstorm*, Siegel illuminates how brain development impacts teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.



**Connections Over Compliance: Rewiring Our Perceptions of Discipline** by Lori L. Desautels, Ph.D.

The developing brains of our children need to "feel" safe. Children who carry chronic behavioral challenges are often met with reactive and punitive practices that can potentially reactivate the developing stress response systems. This book deeply addresses the need for co-regulatory and relational touch point practices, shifting student-focused behavior management protocols to adult regulated brain and body states which are brain aligned, preventive, and relational discipline protocols. This new lens for discipline benefits all students by reaching for sustainable behavioral changes through brain state awareness rather than compliance and obedience.

**Eyes Are Never Quiet: Listening Beneath The Behaviors Of Our Most Troubled Students** by Lori L. Desautels, Ph.D. & Michael Mcknight, M.A.

The eyes of troubled youth are communicating in all moments. Hurt people hurt people. Our children can become violent, detached, or shut down when early development is toxic, severely disrupted and is met with significant adverse childhood experiences. Children are our nation's greatest natural resource and their emotional, mental and physiological well-being are at stake. What can we do? We begin with the awareness and research that adversity just doesn't happen to a child — it attacks and hijacks a child's brain, body and nervous system function reprogramming how they react and respond to all life. For educators, counselors, social workers, mental health professionals and law enforcement—this book presents the neurobiology of adversity and trauma in youth and the resiliency of hope and mindfulness ... and how to help.

**Unwritten, The Story Of A Living System: A Pathway To Enlivening And Transforming Education** by Lori L. Desautels, Ph.D. & Michael Mcknight, M.A.

There's never been a more chaotic and tenuous time in our nation's educational story. Learning is the most natural thing human beings do. Yet, it seems the "harder" we work in schools helping our students to acquire the learning they need, the academic performances stay stagnant or lessen. Schools are not machines. Schools are a network of human beings who feel, think, behave, and function within a human system that is alive and never static. Schools are living systems! This system is wired to thrive, even through difficult times — We believe that we can begin to create wholeness and connection within our schools mindfully and by design. We can create places where all children thrive.

**How May I Serve You: Revelations In Education** by Lori L. Desautels, Ph.D.

Is there a career, social scenario, skill, or relationship that education does not impact? Education touches all our lives. When we ignore the implications schools affect in our daily existence, we narrow the possibilities, ignore the limitations, the creative and sometimes negative thoughts and feelings we subconsciously contribute inside our



students' and children's lives. Who was your favorite teacher? What did he say to you? What look on her face do you remember? These remembrances are how we begin to revert back to the basics in education. It is not reading, writing, and math skills drilled into our heads. We remember the emotional connections, the relationships or lack thereof from those individuals who served us well or those who did not acknowledge who we really were and are. When did we begin to take the soul, our inner voice, out of education, our businesses and relationships? Isn't education the hub of all professions, skilled labors, global businesses, economics, mental, emotional, political and medicinal health relationships and practices? This book is about five words that can create a tsunami of positive emotion, and therefore genuinely affect the relationships between educators, parents, colleagues and students. How may I serve you, can be stated in a variety of ways, igniting an open response from the one who is struggling. What do you need? How can I help you? What would be best for you? Dialogues begin, hearts open, and deep listening starts to unravel misunderstandings of angry, bored, and frustrated individuals trying to cope in schools and in life! This book is an experiment, an expansion of perspective because when we genuinely ask what another needs, we are showered with understanding, a novel view of tenuous situation and abundance in relationship and self-esteem we never realized we needed and desired.

### ***Phone and Tablet Apps***

#### **UCLA Mindful**

With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. The app includes meditations in multiple languages. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, and cultivate positive emotions.

#### **Mindful Life Project**

This application is a resource to anyone, anywhere, who would like to practice and experience the benefits of mindfulness. It also offers a supplement to our regular school day services for classroom teachers, students, schools and families.

Mindful Life Project App is for kids and adults that want to learn mindfulness the Mindful Life way. Based out of the San Francisco Bay Area, Mindful Life Project serves tens of thousands of students, teachers and families with mindfulness based programming and teacher trainings.

#### **Headspace**

Stress less, sleep soundly, and get happier. Headspace is everyday mindfulness and meditation, so you can make mindfulness a daily habit and be kind to your mind. Learn



how to relax, manage stress, find your focus, and release tension in both the mind and body.

Get guided meditations, courses, and mindfulness exercises on subjects like stress, general anxiety, worry, building resilience, and more topics for any moment. Learn mindfulness and choose from hundreds of meditations led by world-class experts from all walks of life. From guided meditations to soothing breathwork, get personalized recommendations daily based on what you like and how you're feeling.

### **Websites and Blog Posts**

**Center for Optimal Brain Integration** [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)

The Center for Optimal Brain Integration® trains, coaches and consults internationally on trauma-responsive practices and social-emotional strategies that build resilience.

**Center for Optimal Brain Integration YouTube Channel**

[https://www.youtube.com/channel/UCqtXdKMoPfKQITrxrFMXvHA?view\\_as=subscriber](https://www.youtube.com/channel/UCqtXdKMoPfKQITrxrFMXvHA?view_as=subscriber)

The Center for Optimal Brain Integration®'s YouTube channel is rich with Parenting Tips, Adult Self-Awareness and Self-Care Strategies, Raising Humans to be Human(E) and Trauma-Responsive Practices.

**The National Child Traumatic Stress Network** <https://www.nctsn.org/>

The National Child Traumatic Stress Network (NCTSN) was created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. This unique network of frontline providers, family members, researchers, and national partners is committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S. The NCTSN is administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) and coordinated by the UCLA-Duke University National Center for Child Traumatic Stress (NCCTS).

**PACEs Connection** <https://www.pacesconnection.com/?nc=1>

PACEs Connection amplifies and supports the worldwide positive and adverse childhood experiences (PACEs) movement by sharing its stories, solutions, and science, growing healing communities, and valuing equity and diversity. Browse through their blog posts at the link above.

**Revelations in Education** <https://revelationsineducation.com/about-us/>

Dr. Lori Desautels' passion is engaging her students through the application of neuroscience as it applies to attachment, regulation, educator brain state, and teaching students and staff about their neuro-anatomy thus integrating Mind Brain Teaching,



learning principles and strategies into her coursework at Butler. Read about her work and explore her insights and free lessons and templates at the link above.

**Momentous Institute** <https://momentousinstitute.org/blog/helping-children-transition-through-big-changes>

Moving to a new house? Switching schools? How can we help children transition through these big changes in life? The Momentous Institute's blog discusses "Helping Children Transition Through Big Changes"

**Our Family Wizard** <https://www.ourfamilywizard.com/blog/helping-kids-cope-big-transitions>

Need additional resources to help your children cope with big transitions? The Our Family Wizard blog discusses "Helping Kids Cope With Big Transitions" and provides suggestions of additional literature to read with your kids.

**Wonders Counseling & Consulting** <https://wonderscounseling.com/helping-young-children-major-life-changes/>

Wonders Counseling & Consulting provides additional insight into preparing children for change through their blog post "Helping Young Children Through Major Life Changes."

**Suggestions or Questions? Send them to us at [optimalbrainintegration@gmail.com](mailto:optimalbrainintegration@gmail.com)**