

Self-Regulation Book Club **Resources**

Resources are sourced from the book *Calm Alert and Learning: Classroom Strategies for Self-Regulation* by Dr. Stuart Shanker and ongoing self-regulation discussions.

Chapter 1: The Biological Domain

Canadian Self-Regulation Initiative, www.self-regulation.ca

Zones of Regulation, <http://www.zonesofregulation.com/>

The Alert Program, <https://www.alertprogram.com/>

Chapter 2: The Emotional Domain

Daniel Goleman about Emotional Intelligence,

<http://www.danielgoleman.info/topics/emotional-intelligence/>

Collaborative for Academic, Social and Emotional Learning, <http://www.casel.org/>

Plutchik's Gradiations of Emotions, <http://education-portal.com/academy/lesson/robert-plutchiks-wheel-of-emotions-lesson-quiz.html#lesson>

Stop Now and Plan, <http://www.stopnowandplan.com/>

Edutopia, <http://www.edutopia.org/>

Martin Seligman about Positive Education (PERMA),

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

Chapter 3: The Cognitive Domain

Fabtale, <http://fabtale.com/>

Zimmerman about Self-Regulated Learning,

http://www.unco.edu/cebs/psychology/kevinpugh/motivation_project/resources/zimmerman90.pdf

<http://archive.sciencewatch.com/dr/erf/2011/11decerf/11decerfZimm/>

Play Based Learning Games that Enhance Attention:

Visual spatial –treasure hunts, orienteering, puzzles, mazes

Motor coordination –obstacle courses, animal actions, twister, just dance digital game
yoga, wii sports

Impulse control –head n shoulders, simon says, sorry, angry bird (building/ card game)

Comprehension –fabtale, brainteasers

Chapter 4: The Social Domain

Daniel Goleman about Social Emotional Learning,

<http://www.danielgoleman.info/topics/social-emotional-learning/>

Daniel Goleman about Social Intelligence, <http://www.danielgoleman.info/topics/social-intelligence/>

Reaching In and Reaching Out (RIRO), <http://www.reachinginreachingout.com/>

Promoting Alternate Thinking Strategies (PATHS),

<http://www.episcenter.psu.edu/ebp/altthinking>

<http://www.pathstraining.com/main/>

Resilience Guide for Teachers and Parents,
<http://www.apa.org/helpcenter/resilience.aspx#>
 Responsive Classroom, <https://www.responsiveclassroom.org/>
 Strong Teens, <http://strongkids.uoregon.edu/strongteens.html>
 Resilient Youth, <http://www.embracethefuture.org.au/youth/>
 Bouncing Back: Teaching Children Resilience Skills by Ronald Palomares,
<http://uwf.edu/cap/HCW/materials/PalomaresMay08.pdf>

Chapter 5: The Prosocial Domain

Second Step Program to promote children's social and academic success,
<http://www.cfchildren.org/second-step.aspx>

Character Development Programs:

- Heart of the Matter, <http://education.alberta.ca/teachers/resources/cross/heart-of-the-matter.aspx>
- Finding Common Ground,
<http://www.hpedsb.on.ca/ec/directorsOffice/generalnews/documents/SummaryFindingCommonGround.pdf>
http://schoolweb.tdsb.on.ca/Portals/kennedy/docs/FINDING_COMMON_GROUND.pdf
- Center for Character and Citizenship (resources for educators and parents),
<http://www.characterandcitizenship.org/>

Empathy Development Programs:

- Seeds of Empathy (early childhood), <http://www.seedsofempathy.org/>
- Roots of Empathy (elementary), <http://www.rootsofempathy.org/>
- Strong Teens, <http://strongkids.uoregon.edu/strongteens.html>

Bully Prevention Resources:

- Stop Bullying, <http://www.stopbullying.gov/>
- Pacer National Bullying Prevention Center, <http://www.pacer.org/bullying/>
- Teens Against Bullying, <http://www.pacerteensagainstbullying.org/#/home>

Chapter 6: Self-Regulation and Special Education

MEHRI Treatment Program, <http://www.mehri.ca/>
 Developmental Individual Relationship Based Therapy (DIR), <http://www.icdl.com/>
 Functional Emotional Developmental Levels,
http://www.rosemarywhitepediatricservices.com/uploads/2008/04/need_2_know/3%20Functional%20Emotional%20Developmental%20Levels%20-%20Seattle%20-%20Portland.pdf
<http://www.icdl.com/DIR/6-developmental-milestones/functional-emotional-developmental-levels-basic-chart>
 Centre for Childhood Disability Research, <http://canchild.ca/en/index.asp>

Chapter 7: Self-Regulation and Children's Mental Health

Human Early Learning Partnership, <http://earlylearning.ubc.ca/>
 Mental Health Commission of Canada, <http://strategy.mentalhealthcommission.ca/>

American Academy Child and Adolescent Psychiatry –Facts for Families,
http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Home.aspx?hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92

Kelty Mental Health Resources Centre (resources for children, educators, parents),
<http://keltymentalhealth.ca/>