



RESOURCE LIST FROM FAMILY PARTNERSHIP CONVERSATION- December 12, 2018

SELF-REGULATION STRATEGIES

CHILDREN'S BOOKS

Alexander and the Terrible, Horrible, No Good, Very Bad Day, Judith Viorst
Decibella and Her 6-Inch Voice, Julia Cook
The Girl Who Never Made Mistakes, Mark Pett and Gary Rubinstein
The Lemonade Hurricane: A Story of Mindfulness and Meditation, Morelli & Morris
The Moody Cow Meditates, Kerry Lee MacLean
The Most Magnificent Thing, Ashley Spires
No Fits Nilson, Zachariah OHora

BOOKS FOR PARENTS

The Whole Brain Child, Dr. Daniel Siegel
The Sensory Sensitive Child, Karen Smith, Karen Gouze
The Sensory Lifestyle Handbook, Colleen Beck, OTR/L
Raising A Sensory Smart Child, Lindsey Biel and Nancy Peske
Raising Your Spirited Child, Mary Sheedy Kurcinka
Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential, Peg Dawson

APPS AND WEBSITES

Calm.com
Headspace
The Smiling Mind
Cosmic Kids Zen Den
GoNoodle
Mindful Minute with JusTme (youtube.com)

GAMES AND ACTIVITIES (also reference the Zones Menu, this list is not exhaustive)

Think Fun Yoga Spinner
Think Fun Yoga Cards
Kinetic Sand, Finger Painting, Drawing, Painting, Crafts
Bubbles
Create a Cozy Corner/Snuggle Nook/Fort and use it (flashlights optional)
Family Dance Party
Trampoline, Jumping (Hop Scotch), Hula Hoop
Treasure Hunt through the beans
Obstacle courses throughout the house (snow day fun!) or outside
Kazoos (recommended for outdoors only, except for the truly brave!)
Skipping while playing a sport/game instead of running
Sudoku, Word Searches, Crossword Puzzles