

Self-Regulation: A Bibliography of Resources

July 2022

Emma Stewart Resources Centre

Saskatchewan Teachers' Federation
2317 Arlington Avenue, Saskatoon, SK S7J 2H8
Telephone: 306-373-1660 Email: esrc@stf.sk.ca



*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.47 S697

Somov, Pavel

Anger Management jumpstart : a 4-session mindfulness path to compassion and change

Eau Claire, WI : PESI, Inc., 2013.

Subjects : Conflict management. Anger. Anger—Treatment.

Summary : This book is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This solution-focused approach introduces four core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-Regulation Training.

153.15 K18

Karpov, Yuriy, V.

Vygotsky for educators

New York, NY: Cambridge University Press, 2014.

Subjects: Developmental psychology. Educational psychology. Child development. Vygotsky, L. S.—(Lev Semenovich),—1896-1934. Learning, Psychology of.

Summary: Lev Vygotsky's approach to children's learning and development centers on adult mediation: adults engage children in age-appropriate activities and promote in this context the development of new motives and tools for thinking, problem solving, and self-regulation. Although this approach has earned widespread recognition in the global scientific community, English-speaking educators remain relatively unfamiliar with its contemporary elaborations for practical application. This book offers the first comprehensive English introduction to contemporary elaborations of Vygotsky's ideas and their practical applications from birth through adolescence. He demonstrates the advantages of the Vygotskian approach over both traditional and constructivist education.

155.4 C463

Chapin, Brad; Penner, Matthew

Helping young people learn self-regulation : lessons, activities & worksheets for teaching the essentials of responsible decision-making & self-control

Chapin, SC : Youth Light, Inc., 2013.

Subjects: Behavior modification. Child development. Decision making in children. Emotions in children. Self-control in children.

Summary: This book includes a universal set of skills necessary for academic success, emotional control and health social interaction. With this single resource you will be able to address children's anger problems, academic performance challenges, anxieties, school safety issues, self-esteem, social skills and much more.

155.413 D272

Dawson, Peg; Guare, Richard

Executive skills in children and adolescents : a practical guide to assessment and intervention

New York, NY: Guilford Press, 2010.

Subjects: Executive ability in children. Executive ability in adolescence. Self-management (Psychology) for teenagers. Self-management (Psychology) for children.

155.4182 B892

Brikner, Lauren

The kids' guide to staying awesome and in control : simple stuff to help children regulate their emotions and senses

London, England : Jessica Kingsley Publishers, 2014.

Subjects: Child psychology—Juvenile literature. Emotions in children—Juvenile literature. Self-control in children—Juvenile literature.

Summary: From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, this book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress.

155.41825 S528

Shanker, Stuart

Self-reg : how to help your child (and you) break the stress cycle and successfully engage with life

Toronto, ON : Penguin, 2016.

Subjects: Child rearing. Self-control in children. Stress in children.

Summary: According to the author, the ability to deal effectively with stress is limited. Like a tank of gas, our energy reserves eventually dwindle, leaving a kid—or an adult—simply unable to control his or her impulses. That is, misbehaving kids aren't choosing to be difficult. They literally can't help themselves. And what draws down our reserves? Excessive stress. Stress of all kinds, from social anxiety to an uncomfortable chair. Reduce the stress loads, and problems quickly dissipate.

155.4189042 S179

Saltzman, Amy

A still quiet place : a mindfulness program for teaching children and adolescents to ease stress and difficult emotions

Oakland, CA: New Harbinger Publications, Inc., 2014.

Subjects: Stress management for children. Educational psychology. Emotions in children. Emotions in adolescence. Stress management for teenagers.

Summary: Teaching kids stress management skills early in life will help them to grow into happy and healthy adults. And if you work with children or adolescents, you know that kids today need these skills more than ever. The pressures they face in the classroom, on the playground, in their extracurricular activities, and at home can sometimes be overwhelming. So how can you help lay

the groundwork for their success? This book presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. The easy-to-implement mindfulness practices in this guide are designed to help increase children's and adolescents' attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within.

155.5 H251

Hansen, Sharon A.

Executive functioning workbook for teens : help for unprepared, late & scattered teens

Oakland CA: Instant Help Books, 2013.

Subjects: Executive ability in adolescence. Self-control in adolescence. Self-management (Psychology) for teenagers. Attention in adolescence.

Summary: This book provides you with the skills needed to get organized, retain information, communicate effectively, and perform well in school and everyday life. It includes activities that help you understand your disorder, cope with it effectively, and tips for initiating positive change and improving flexibility in thinking.

158.1 C463

Chapin, Brad

Helping teens learn self-regulation, Grades 7 – 12 : lessons, activities & worksheets for teaching the essentials of responsible decision-making & self-control

Chapin, SC: YouthLight, 2014.

Subjects: Youth development. Behavior modification. Emotions in adolescence. Self-control in adolescence. Decision making in adolescence.

Summary: The self-regulation approach emphasizes teaching teens how to regulate their own emotions and behaviours. The author has split the self-regulation training process into three functional areas: physical, emotional, and cognitive. Using strategies based soundly on evidence-based cognitive-behavioral psychology, this resource will help you move teens progressively through skills in each of these three areas.

158.1 S528

Shanker, Stuart

Reframe : self-reg for a just society

Toronto, ON : University of Toronto Press, 2020.

Subjects: Child psychology. Self-control--Social aspects. Self-control. Self-management (Psychology). Stress management.

Summary: For the author, the possibility of a truly just and free society begins with how we see and nurture our children. Shanker is renowned for using cutting-edge neuroscience to help children feel happy and think clearly by better regulating themselves. In this book, he explores self-regulation in wider, social terms. Whereas his two previous books, *Calm, Alert, and Learning* and *Self-Reg*, were written for educators and parents, *Reframed*, the final book in the trilogy, unpacks the unique science and conceptual practices that are the very lifeblood of Self-Reg, making it an accessible read for new Self-Reggers.

306.874 G914

Guare, Richard; Dawson, Peg

Smart but scattered teens : the “executive skills” program for helping teens reach their potential

New York, NY: Guilford Press, 2013.

Subjects: Parenting. Attention in adolescence. Self-control in adolescence. Executive ability in adolescence. Parent and teenager.

Summary: This positive guide provides a science-based program for promoting teens’ independence by building their executive skills—the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future—while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

370.152 K81

Kolencik, Patricia Liotta; Hillwig, Sheila A.

Encouraging metacognition : supporting learners through metacognitive teaching strategies

New York, NY: Peter Lang Publishing Inc., 2011.

Subjects: Thought and thinking—Study and teaching. Learning, Psychology of. Metacognition.

Summary: This book is a compilation of essential metacognitive strategies to challenge students to learn to think and to think to learn. After first reviewing the concept of metacognition, the book then outlines several metacognitive strategies and how to incorporate and implement them in one’s daily classroom practice. These fundamental and transparent methods aim to enable the teacher to act as a role model and to improve the development of learning.

370.152 S922

Strosnider, Roberta; Sharpe, Valerie Saxton

The executive function guidebook : strategies to help all students achieve success

Thousand Oaks, CA : Corwin, 2019.

Subjects: Academic achievement—Psychological aspects. Cognitive learning. Executive functions (Neuropsychology)

Summary: Executive function skills, including self-regulation, focus, planning, and time-management, are essential to student success, but they must be taught and practiced. This unique guidebook provides a flexible seven-step model, incorporating UDL principles and the use of metacognition, for making executive-function training part of your classroom routine at any grade level.

370.1523 E68

Erickson, Amy S. Gaumer; Noonan, Patricia M.

Teaching self-regulation : 75 instructional activities to foster independent, proactive students

Bloomington, IN : Solution Tree Press, 2022.

Subjects: Affective education. Educational psychology. Learning, Psychology of. Student-centered learning.

Summary: Self-regulation is an important skill for student success both inside and outside of the

classroom. It empowers students to become lifelong learners and grow healthy self-care behaviors. This book supports teachers in developing students' self-regulation skills by creating authentic learning opportunities and delivering effective feedback. The authors outline four components for successful self-regulation-(1) plan, (2) monitor, (3) adjust, and (4) reflect-and provide seventy-five instructional activities to teach self-regulation skills to students. This book provides practical tools and strategies to address the social-emotional needs of every student.

370.1528 B864

Broderick, Patricia C.

Learning to breathe : a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance

Oakland, CA : New Harbinger Publications, Inc., 2013.

Subjects: Mindfulness-based cognitive therapy. Behavior disorders in adolescence—Prevention. Adolescent psychology. Behavior modification.

370.1528 B864

Broderick, Patricia C.

Learning to breathe. Student workbook : a six-week mindfulness program for adolescents

Oakland, CA : New Harbinger Publications, Inc., 2013.

Subjects: Creative activities and seat work. Behavior modification. Adolescent psychology. Behavior disorders in adolescence—Prevention. Mindfulness-based cognitive therapy.

Summary: This is a companion workbook to *Learning to Breathe*.

370.1528 B932

Brukner, Lauren; Liebstein, Lauren

Simple stuff to get kids self-regulating in school : awesome and in control lesson plans, worksheets, and strategies for learning

London, England : Jessica Kingsley Publishers, 2018.

Subjects: Behavior modification. Classroom management. Self-control in children.

Summary: Packed with photocopyable lesson plans and tried and tested strategies, this illustrated guide is the ideal companion for teachers and therapists wishing to help kindergarten and elementary school children to self-regulate. It contains everything you need to integrate the successful, research-based 'Awesome and In Control' program, which focuses on empowering children to regulate their own emotions and senses and helping them to develop excellent coping strategies.

370.1528 S587

Janis L. Silverman

Imagine that! : imagery stories and activities to help young people learn to improve their behavioral self-control

Chapin, SC: YouthLight, Inc., 2011.

Subjects: Imagery (Psychology). Behavior modification. Visualization. Self-control in children.

Summary: Grades 3-6.

370.153 A476

Alvord, Mary Karapetian; Grados, Judy Johnson

Resilience builder program for children and adolescents : enhancing social competence and self regulation : a cognitive-behavioral approach

Champaign, IL : Research Press, 2011.

Subjects: Resilience (Personality trait) in adolescence. Resilience (Personality trait) in children. Social interaction in adolescence. Social interaction in children.

Summary: This book details 30 group sessions designed to help youth bounce back from the challenges in their lives by increasing confidence, self-esteem, self-control, and the use of coping strategies. Group activities help develop the following specific protective factors associated with resilience: proactive orientation toward life; self-regulation of attention, emotions, and behaviour; social connections and attachments; achievements and talents; community ties; and proactive parenting.

370.1534 E66

Erdelyi, Julie

Activities, games, and lessons for social learning : a practical guide

Thousand Oaks, CA : Corwin, 2020.

Subjects: Affective education. Creative activities and seat work. Social learning. Social skills--Study and teaching.

Summary: This book is an evidence-based resource that guides educators, specialists, and others who work with children in implementing best practices for social learning. Whether used in the classroom, out-of-school programs, or the home, this collection of hands-on activities puts social learning theory into practice to help all children develop the social skills that support success in school and beyond. Social-emotional learning is not typically addressed in teacher training programs, and when teachers realize the complexity involved, they often avoid this type of instruction as a result of feeling underprepared. This book unpacks the complexities of social learning in three key areas: self-regulation, social communication, and perspective taking. For each of these three areas, readers will find a thorough discussion of the topic, followed by a corresponding set of ready-to-use activities that support explicit instruction and "learning by doing."

370.1534 M978

Murphy, Shelley

Fostering mindfulness : building skills that students need to manage their attention, emotions, and behavior in classrooms and beyond

Markham, ON : Pembroke Publishers Limited, 2019.

Subjects: Affective education. Emotional intelligence—Study and teaching (Elementary). Emotions and cognition. Mindfulness (Psychology)—Study and teaching (Elementary).

Summary: This book is a guide for teachers on how to incorporate simple mindfulness activities and strategies to help foster self-regulation in the classroom and beyond. The book defines self-regulation as students' ability to manage their own attention, emotions and behaviour. Teachers are invested in learning how to help students strengthen their attention-regulation, emotion-regulation and behaviour-regulation skills. Instructions, scripts, worksheets and ready-to-use templates complement this timely book.

370.1534 N817

Noonan, Patricia M.; Erickson, Amy S. Gaumer

The skills that matter: teaching interpersonal and intrapersonal competencies in any classroom

Thousand Oaks, CA : Corwin, 2018.

Subjects: Affective education. Assertiveness (Psychology). Conflict management. Goal (Psychology). Interpersonal relations—Study and teaching. Self-control. Self-efficacy. Social skills—Study and teaching.

Summary: This book aims to prepare middle and high school teachers to increase students' intrapersonal and interpersonal competencies school-wide. This eight-chapter book presents competency-specific information and tools teachers can use to support middle and high school students' development of six key intrapersonal and interpersonal competencies. Competencies covered in this book include self-regulation, goal-setting, self-efficacy, assertiveness, conflict management and networking.

371.1024 M663

The mindUP Curriculum. Grades PreK-2

Toronto, ON: Scholastic, 2011.

Subjects: Classroom management. Behavior modification—Study and teaching.

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to improve behavior and learning dramatically 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.

371.1024 M663

The mindUP Curriculum. Grades 3-5

Toronto, ON: Scholastic, 2011.

Subjects: Social skills—Study and teaching. Behavior modification—Study and teaching. Social values—Study and teaching. Positive psychology—Study and teaching. Classroom management.

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to improve behavior and learning dramatically 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.

371.1024 M663

The mindUP Curriculum. Grades 6-8

Toronto, ON: Scholastic, 2011.

Subjects: Behavior modification—Study and teaching. Social values—Study and teaching. Classroom management. Positive psychology—Study and teaching. Social skills—Study and teaching.

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to improve behavior and learning dramatically 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.

371.394 B154

Bailey, Alison L.; Heritage, Margaret

Self-regulation in learning : the role of language and formative assessment

Cambridge, MA : Harvard Education Press, 2018.

Subjects: Active learning. Children—Language. Student-centered learning. Teacher-student relationships.

Summary: This book is about the role of self-regulation in learning. It breaks down self-regulation skills into two parts: self-regulation (when students work independently) and social regulation (when students work in groups).

371.713 R362

Reilly, Nadja

Anxiety and depression in the classroom : a teacher's guide to fostering self-regulation in young students

New York, NY : W. W. Norton & Company, 2015.

Subjects: Anxiety in children. Depression in children. Mentally ill children—Education. School children—Mental health services. Self-culture. Students—Mental health. Students—Self-rating of. Study skills.

Summary: Anxiety and depression are two of the most common mental health problems for young students, and can be particularly hard to detect and support. In this book, the first of its kind for teachers, the author lays out the signs to look for so educators can direct their students to help and ensure emotional wellness in the classroom. Grounded in recent psychological research and practical self-regulation tools, the author extends her study to include nourishing emotional wellness in all students, communicating with parents, and school-wide mental health advocacy.

371.9043 S524

Shanker, Stuart

Calm, alert, and learning : classroom strategies for self-regulation

Don Mills, ON : Pearson Canada, 2013.

Subjects: Action research in education. Developmental disabilities. Learning disabilities. Self-control in children. Slow learning children—Education.

Summary: Recent research tells us that one of the keys to student success is self-regulation – the ability to monitor and modify emotions, to focus or shift attention, to control impulses, to tolerate frustration or delay gratification. The author leads us through an exploration of the five major domains—what they are, how they work, what they look like in the classroom, and what we can do to help students strengthen in that domain.

371.9043 S524

Shanker, Stuart; Hopkins, Susan

Self-reg schools : a handbook for educators

North York, ON : Pearson Canada, 2020.

Subjects: Action research in education. Developmental disabilities. Learning disabilities. Self-control in children. Slow learning children—Education.

371.94 K97

Kuypers, Leah M.

The zones of regulation : a curriculum designed to foster self-regulation and emotional control

Santa Clara, CA : Think Social Publishing, Inc., 2011.

Subjects: Behavior disorders in children. Children with disabilities—Education. Self-management (Psychology)—Study and teaching. Social skills—Study and teaching.

Summary: The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying USB drive.

372.2 A843

Asquith, Sue

Self-regulation skills in young children : activities and strategies for practitioners and parents

London, England : Jessica Kingsley Publishers, 2020.

Subjects: Child psychology. Decision making in children. Early childhood education--Psychological aspects. Emotions in children. Self-control in children. Stress in children--Prevention.

Summary: This handbook for early years practitioners offers understanding of self-regulation in babies and young children. It emphasises the importance of giving children positive attachments and provides fun ideas on how to promote coping strategies for children. The book explains what self-regulation is and why it is important, as well as making child and brain development easy to understand. It shows what self-regulation looks like in practice and how parents, carers and early years practitioners can support children with practical and interactive activities.

372.21 M126

McClelland, Megan M.; Tominey, Shauna L.

Stop, think, act : integrating self-regulation in the early childhood classroom

New York, NY : Routledge, 2016.

Subjects: Classroom management. Early childhood education—Activity programs. Early childhood education. Motivation in education. Self-control in children.

Summary: This resource offers early childhood teachers the latest research and a wide variety of hands-on activities to help children learn and practice self-regulation techniques. Self-regulation in early childhood leads to strong academic performance, helps students form healthy friendships, and gives them the social and emotional resources they need to face high-stress situations throughout life.

372.21 O85

Ostroff, Wendy L.

Understanding how young children learn : bringing the science of child development to the classroom

Alexandria, VA : ASCD, 2012.

Subjects: Early childhood education.

Summary: The author highlights the processes that inspire or propel learning (play, confidence, self-regulation, movement, mnemonic strategies, metacognition, articulation, and collaboration) and distills the research into a synthesis of the most important takeaway ideas that teachers will need as they design their curriculum and pedagogy. Each chapter has suggested activities for exactly how teachers can put theory into practice in the classroom.

372.21 S799

Stearns, Clio

Consent in the childhood classroom : centering student voices across early years and elementary education

New York, NY : Routledge, 2022.

Subjects: Affective education. Behavior modification. Classroom environment. Early childhood education--Psychological aspects. Education, Elementary--Psychological aspects.

Summary: This book challenges typical premises of social and emotional learning, self-regulation, and putative misbehavior by centering the theme of consent in the experiences of young children and their teachers. Early childhood and elementary teachers often face disruptions and acts of dissent from young students without a helpful conceptual framework for understanding how these expressions may stem from social injustices, developmental nuances, and problematic assumptions about the nature of children's agency. Posing complex yet relatable questions about the presumptions of authority, positivity, and routines in learning environments, and drawing on classroom anecdotes along with interviews with children and teachers, this book offers an accessible approach to cultivating expansive relationships in the classroom, a vision for a richer and more mutual education, and a clearer understanding of what school means from the perspective of the child.

371.30281 S392

Schumm, Jeanne Shay

School power : study skill strategies for succeeding in school

Minneapolis, MN: Free Spirit Publishing, 2013.

Subjects: Study skills—Juvenile literature.

Summary: This book offers advice on how to: get your act together, listen and take notes, be a better reader, speak up in class, write right, study smarter, and more. This easy-to-use guide is packed with all kinds of things you need to succeed in school, like insider tips from other students on what works for them. It includes advice on using computers, the Internet, and email for school projects and research, strategies that really work for taking notes, writing papers, following directions, setting goals, and much more. Grades 6-9.

371.30281 S933

Study skills 2

Costa Mesa, CA: Saddleback Educational Publishing, 2013.

Subjects: Note-taking. Homework. Study skills.

Summary: Topics covered in this book include: time management planning and goal setting, developing a learning style, paraphrasing and summarizing, answering essay questions, and more.

371.393 S413

Schweikert, Gigi; Decker, Jeniece

Winning ways for early childhood professionals. Responding to behavior

St. Paul, MN: Redleaf Press, 2016.

Subjects: Early childhood education. Behavior modification. Problem children—Behavior modification.

Summary: One of the most important goals in the early childhood classroom is to help young children learn developmentally appropriate social norms and self-control.

371.394 K14

Kallick, Bena; Zmuda, Allison

Students at the center : personalized learning with habits of mind

Alexandria, VA: ASCD, 2017.

Subjects: Individualized instruction. Thought and thinking—Study and teaching.

Summary: Educators' most important work is to help students develop the intellectual and social strength of character necessary to live well in the world. The way to do this, argue the authors, is to increase the say students have in their own learning and prepare them to navigate complexities they face both inside and beyond school. This means rethinking traditional teacher and student roles and re-examining goal setting, lesson planning, assessment, and feedback practices.

371.3943 G373

Germeroth, Carrie; Day-Hess, Crystal

Self-regulated learning for academic success : how do I help students manage their thoughts, behaviors, and emotions?

Alexandria, VA: ASCD, 2013.

Subjects: Academic achievement. Motivation in education. Learning. Self-culture.

Summary: This publication explains how teachers in every content area and at every grade level can teach students to be self-regulated learners. Discover instructional strategies that help students learn to: approach challenges with confidence, plan their learning tactics and maintain focus, monitor their progress and seek help when they need it, and work well with peers and adjust their approach.

371.5 C339

Cash, Richard M.

Self-regulation in the classroom : helping students learn how to learn

Golden Valley, MN: Free Spirit Publishing, 2016.

Subjects: Learning. Self-culture. Classroom environment.

Summary: To succeed in school, students need more than subject area knowledge—they must learn how to learn. Self-regulation, an executive functioning skill, describes the ways that students focus attention on achieving success. Self-regulated learners find personal value in learning, develop effective study habits, welcome challenges, seek help, and use failure as a learning tool. This user-friendly guide makes the process of developing self-regulation as easy as ABC: Affect (how you feel), Behavior (what you do), and Cognition (how you think). Teaching students to balance these three elements builds motivation, resilience, and college and career readiness. Digital content includes customizable forms from the book.

371.713 M278

Manilall, Shamala; Armstrong, Christina

FOCUS on self-regulation : regulating the body, mind, and emotions through movement and mindfulness activities for ages three to eight [kit]

Edmonton, AB : Genesis Publications, 2018.

Subjects: Early childhood education. School children—Mental health services. Students—Self-rating of. Well-being.

Summary: This resource is written for anyone involved in supporting the well-being of a child. It is a guide to help develop skills of self-regulation with children.

371.9 C745

Conderman, Greg; Hedin, Laura

Strategy instruction for middle and secondary students with mild disabilities : creating independent learners

Thousand Oaks, CA: Corwin, 2013.

Subjects: Learning disabled children—Education (Secondary).

Summary: Driven by research, this resource features: evidence-based strategies for teaching vocabulary, reading, written language, math, and science, as well as study skills, textbook skills, and self-regulation; clear presentation that describes strategies in context; informal assessments for every content area or skill addressed; case studies that link assessment results, IEP goals, and learning strategies; and application activities with questions and suggested responses.

371.9 M828

Moraine, Paula

Helping students take control of everyday executive functions

London, England: Jessica Kingsley Publishers, 2012.

Subjects: Special education. Attention—Study and teaching. Attention-deficit-disordered children—Education.

Summary: This book presents an innovative model for strengthening and developing executive function in any student, including those with attention, memory, organization, planning, inhibition, initiative, and flexibility difficulties. It provides guidance on how to support each student's evolving executive function, and how to encourage those who are ready to develop self-advocacy and become more responsible for the development of his or her own executive function skills.

371.92 C777

Cooper-Kahn, Joyce

Boosting executive skills in the classroom : a practical guide for educators

San Francisco, CA : Wiley, 2013.

Subjects: Executive functions (Neuropsychology). Children with mental disabilities—Education.

Summary: Students with weak Executive Function skills need strong support and specific strategies to help them learn in an efficient manner, demonstrate what they know, and manage the daily demands of school. This book shows teachers how to do exactly that, while also managing the ebb and flow of their broader classroom needs.

372.21 O85

Ostroff, Wendy L.

Understanding how young children learn : bringing the science of child development to the classroom

Alexandria, VA: ASCD, 2012.

Subjects: Early childhood education.

Summary: The author highlights the processes that inspire or propel learning - play, confidence, self-regulation, movement, mnemonic strategies, metacognition, articulation, and collaboration - and distills the research into a synthesis of the most important, takeaway ideas that teachers will need as they design their curriculum and pedagogy. Each chapter has suggested activities for exactly how teachers can put theory into practice in the classroom.

616.8589 B254

Barkley, Russell A.

The nature of ADHD : the executive functions and self-regulation, part 1 [DVD]

S.I. s.n. 200?

Subjects: Attention-deficit hyperactivity disorder.

Summary: This DVD discusses the nature of executive functioning and some of the problems that exist with defining it, along with its role in the nature of ADHD.

618.928 G233

Garland, Teresa

Self-regulation interventions and strategies: keeping the body, mind and emotions on task in children with autism, ADHD or sensory disorder

Eau Claire, WI: PESI Publishing, 2014.

Subjects : Sensory disorders in children. Behavior modification.

Summary : This book features more than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Each chapter provides background and theoretical material to help the reader better understand the issues our children face.

618.9285 G444

Gibbs, Varleisha

Self-regulation and mindfulness : over 82 exercises & worksheets for sensory processing disorder, ADHD and autism spectrum disorder

Eau Claire, WI : PESI Publishing & Media, 2017.

Subjects: Attention-deficit hyperactivity disorder. Autism spectrum disorders in children.

Mindfulness (Psychology).

Summary: This book provides a unique, evidence-based resource for helping children who have trouble self-regulating, staying focused, managing their senses and controlling their emotions, based on the latest research in neuroscience. Included are practical, kid friendly activities, exercises, coloring pages and worksheets to teach therapists, parents, educators and children about their brain and body so they can build the needed skills to self-regulate.

618.9285 T954

Turner-Bumberry, Tracy

2, 4, 6, 8 this is how we regulate : 75 play therapy activities to increase mindfulness in children

Eau Claire, WI : PESI Publishing & Media, 2019.

Subjects: Anxiety in children. Autism in children. Emotional problems of children.

Summary: Learning mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why the author has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

813.6 A855

Astles, Deneen

Fretting Fran : a story of learning emotional self-regulation

Place of publication: Publisher not identified, 2017.

Subjects: Emotions—Juvenile fiction. Self-control in children—Juvenile fiction.

Summary: This book is a fun, rhyming story about a young girl who gets very upset over small things. “When Fran is upset, she can make such a big stir, even when the smallest things, happen to her”. Will everyone keep running to Fran or will everyone get tired of Fran’s fuss? Will Fran learn something new?

813.6 H551

Herman, Steve

Train your angry dragon

Place of publication: Digital Golden Solutions, 2018.

Subjects: Anger--Juvenile fiction. Children--Conduct of life--Juvenile fiction. Dragons--Juvenile fiction. Self-control--Juvenile fiction.

Summary: Having a pet dragon is very fun. But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Learn how to train your angry dragon!

813.6 N576

Nhin, Mary

Focused ninja

Place of publication : Grow Grit Press, 2020.

Subjects: Attention--Juvenile fiction. Distraction (Psychology)--Juvenile fiction. Self-control--Juvenile fiction. Thought and thinking--Juvenile fiction.

Summary: Focused Ninja had a hard time focusing on instructions and working on tasks like homework, until his friend, Confident Ninja, shared the strategies in the F.O.C.U.S. method.

813.6 H551

Herman, Steve

The mindful dragon

Place of publication: Digital Golden Solutions, 2018.

Subjects: Calmness--Juvenile fiction. Dragons-- Juvenile fiction. Mindfulness (Psychology)--Juvenile fiction. Self-control--Juvenile fiction.

Summary: Having a pet dragon is very fun. You can teach your dragon to sit, stand, roll over, and you can even potty train him... But what if your dragon is worried about so many things? He worries about the past, and about the future... What do you do? You teach him about mindfulness - You teach him to be mindful!

FR 843.6 T385

Theobald, Joseph; Viala, Kévin

Martin est en colère

Toronto, ON: Éditions Scholastic, 2014.

Subjects: Anger--Juvenile fiction. French language materials. Selfishness--Juvenile fiction. Sheep--Juvenile fiction.

Summary: Cet album est une narrative d'un mouton qui est frustré et qui devient si enragé qu'il se transforme en monstre. Il se calme et son amie lui démontre des gestes d'amitié. Le livre est bien illustré et son contenu est facile à comprendre. Le thème serait approprié pour amorcer certains contextes reliés aux sentiments et à l'amitié.

Curriculum Notes: Programme d'études interdisciplinaire M (2015) - I. Programme d'études interdisciplinaire 1 (2015) - I. Programme d'études interdisciplinaire 2 (2015) - I.