

Websites

<http://acestoohigh.com/> **ACESTooHigh** is a news site that reports on research about adverse childhood experiences. This includes important developments in education, including news about trauma informed schools. A recent story discusses [Paper Tigers](#), a documentary that follows six students during a school year at Lincoln High School in Walla Walla, WA, the first trauma-informed high school in the U.S.

<http://k12.wa.us/CompassionateSchools/default.aspx> **The Compassionate Schools Initiative** provides training, guidance, referral, and technical assistance to schools wishing to adopt a Compassionate Schools Infrastructure. Compassionate Schools benefit all students who attend but focus on students chronically exposed to stress and trauma in their lives. The document: [The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success](#) is available from this site. It is a collaboration of the Learning and Teaching Support section of the State of Washington Office of Superintendent of Public Instruction and the College of Education at Western Washington University.

www.developingchild.harvard.edu **The Harvard Developing Child** website has information on the science of early childhood, with an emphasis on how early experiences affect brain development. The website has working papers, reports, educational videos and newsletters on the effect of abuse, neglect and exposure to violence on early brain development as downloadable pdf documents.

<http://www.saintlukeshealthsystem.org/head-start-trauma-smart> **Head Start-Trauma Smart** is an innovative program created by Crittenton Children's Center that addresses the high incidence of complex trauma that negatively impacts the lives of 3- to 5-year-old children.

<http://massadvocates.org/tlpi/> **Massachusetts Advocates for Children - Trauma and Learning Policy Initiative (TLPI)** is a nationally recognized collaboration between Massachusetts Advocates for Children and Harvard Law School, with a mission to ensure that children impacted by family violence and other adverse childhood experiences succeed in school. To achieve this mission, TLPI advocates for "trauma-sensitive schools". <http://traumasensitiveschools.org/> is the official website of the TLPI. The document: [Helping Traumatized Children Learn](#) is available from this website.

<http://www.susankaisergreenland.com/inner-kids.html> **Mindfulness Programs for Children:** Susan Kaiser-Greenland's Inner Kids program has been applied and studied in school settings.

www.NCTSN.org The mission of the **National Child Traumatic Stress Network (NCTSN)** is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. A section of the NCTSN website is dedicated to resources for educators: <http://www.nctsn.org/resources/audiences/school-personnel>

<http://www.pbis.org/> The Technical Assistance Center on **Positive Behavioral Interventions and Supports** is established by the U.S. Department of Education's Office of Special Education Programs (OSEP) to define, develop, implement, and evaluate a multi-tiered approach to Technical Assistance that improves the capacity of states, districts and schools to establish, scale-up and sustain the PBIS framework. Emphasis is given to the impact of implementing PBIS on the social, emotional and academic outcomes for students with disabilities.

<http://www.pbisworld.com/> **PBIS (positive behavior interventions and supports)** is an architecture for addressing behavior through the prevention-oriented structuring of research-based interventions and supports in a hierarchical and progressive manner for the purpose of improved behavioral and academic outcomes. PBIS World is a website containing links to hundreds of interventions, supports, resources, and data collection tools, all of which are organized into the tier 1 through 3 framework.

<http://safesupportivelearning.ed.gov/topic-research/safety> **Safe Supportive Learning:** School safety is linked to improved student and school outcomes. This website provides information on improving psychological and physical safety at school.

<http://www.thinkkids.org/learn/about-thinkkids/> **Think:Kids** is a program in the Department of Psychiatry at the Massachusetts General Hospital (MGH). Think:Kids teaches a revolutionary, evidence-based approach called **Collaborative Problem Solving (CPS)** for helping children with behavioral challenges.

<http://zonesofregulation.com/> **Zones of Regulation – A Framework to Foster Self-Regulation and Emotional Control:** The Zones is a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

Additional On-line Resources

Calming centers in the classroom:

- <http://www.thewatsoninstitute.org/watson-life-resources/situation/classroom-calming-corner/>
- <http://www.positiveparentingconnection.net/chill-out-corner-a-positivetool-for-learning-emotional-self-regulation/>
- <http://www.counselorup.com/blog/a-place-to-call-calm>

Sensory motor integration activities for the classroom:

- http://tccl.rit.albany.edu/knilt/index.php/Jessica_Witkowski%27s_Portfolio_Page This website discusses the importance of sensory integration in the classroom and gives specific intervention ideas. This is part of the KNILT – Knowledge Network for Innovations in Learning and Teaching:http://tccl.rit.albany.edu/knilt/index.php/Main_Page
- https://www.superduperinc.com/handouts/pdf/155_si.pdf
- <http://occupational-therapy.advanceweb.com/Web-Extras/Online-Extras/Sensory-Strategies-for-the-Classroom.aspx>

Movement breaks in the classroom:

- <http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>
- <https://www.gonoodle.com>
- http://www.lets-go.org/wp-content/uploads/Activity_Cards_for_the_Classroom.pdf
- <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>

Praise and rewards

- http://www.interventioncentral.org/sites/default/files/pdfs/pdfs_blog/2_using_praise.pdf
- <http://www.clemson.edu/extension/hgic/food/pdf/hgic4110.pdf>

Bullying Prevention

- <http://www.stopbullying.gov/prevention/at-school/educate/index.html>
This website contains a collection of information about bullying prevention and intervention on school campuses and a guide to evidence-based programs to address bullying. The site contains a link to the following brief guide that reviews common mistakes made when addressing bullying:
<http://www.stopbullying.gov/prevention/at-school/educate/misdirections-in-prevention.pdf>
- <http://www.nctsn.org/resources/public-awareness/bullying-prevention-awareness-month#q4>
- <http://www.pbis.org/common/cms/files/pbisresources/pbsbullyprevention.pdf>
- <http://www.pbisworld.com/tier-1/teach-conflict-resolution-skills/> Scroll down to the resources section and look for:
 - Bullying: Time To Think Reflection Sheet For Lower Elementary.doc⁵
 - Bullying: Time To Think Reflection Sheet For Upper Elementary.doc⁶
 - Bully Think Sheet.doc

Books & Articles

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