

# SUGGESTED RESOURCE LIST

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Neurobiology of Stress and Brain-Body Practices

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There are many resources for children and parents on brain-body practices and a growing number of evidence-based programs for schools and other settings. Listed below are several resources I mention in my presentations.

## 1. CAPACITAR TOOLS FOR SELF-REGULATION, HEALING AND PREVENTING VICARIOUS TRAUMA VIDEOS

### A. CAPACITAR- REC ROOM, HOMER YOUTH VIDEO

- <https://www.youtube.com/watch?v=nYepPQwtFds&t=270>

### B. CAPACITAR WEBINAR-MOBILIZING ACTION FOR RESILIENT COMMUNITIES-MARC

- Directly on YouTube <https://youtu.be/n5asuwDRJCU>
- And in MARC Brown Bag archives: <http://marc.healthfederation.org/brownbag>

### C. CAPACITAR EMERGENCY TOOLKIT (PDF; available in many languages)

- <https://capacitar.org/>

## 2. CHILDREN'S BOOKS ON MINDFULNESS

Recommendations from Australian Childhood Foundation (<http://childhoodtrauma.org/au>)

- *Happy Monkey, Happy Panda* (Lauren Alderfer, 2011)
- *Moody Cow Meditates* (Kerry Maclean, KL, 2009)
- *What Does it Mean to be Present* (Rana DiOrio, 2010)
- *Take the Time: Mindfulness for Kids* (Maud Roegiers, 2009)

## 3. MINDUP CURRICULA

(Designed for schools; great resource for 3 different grade/age levels for different settings and caregivers)

- For information go to [www.thehawnfoundation.org](http://www.thehawnfoundation.org) ; curriculum available on Amazon

## 4. MINDFULNESS RESOURCE FOR ADOLESCENTS

*Brainstorm: The Power and the Purpose of the Teenage Brain* (2013) by Dan Siegel

- (<http://www.drdansiegel.com/>)

## 5. FREE MINDFULNESS APP for children and youth

- <https://smilingmind.com.au/>

## 6. TRAUMA-INFORMED YOGA

Resources including free audios available at [www.greentreeyoga.org](http://www.greentreeyoga.org)

## 7. HARD TIMES AND HEALING TOOLKIT

A Resilience Framework for Domestic Violence (DV) and Adverse Childhood Experiences (ACEs)

- <http://www.acesconnection.com/g/aces-in-the-arctic/blog/toolkit-on-domestic-violence-and-aces-now-available>

## 8. AMAZING BRAIN BOOKLETS (PDF format)

- <http://preventchildabuse.org/resource/resilience/>

## 9. SESAME STREET RESOURCES

For **Comfy-Cozy Nest** story book (printable, audio, video and handouts (My Safe Place)

- <https://sesamestreetincommunities.org>