

Great Books to Use for Relaxation in the Classroom

Questions? Feel free to contact me at tereirish@gmail.com or like me on Facebook All the Possibilities, when you wish upon a child



- ❖ Ready, Set, R.E.L.A.X. by J. Allen and R. Klien
- ❖ Spinning Inward by Maureen Murdock
- ❖ Moonbeam by Maureen Garth
- ❖ The New Social Story Book by Carol Gray
- ❖ Crazy Busy by Edward Hallowell
- ❖ The Body Keeps the Score Dr. Bessel Van Der Kolk M.D.
- ❖ The Blue Day Book for Kids by Bradley Trevor Grieve
- ❖ Have You Filled Your Bucket Today by Katherine Martin
- ❖ If You're Angry and You Know it by Cecily Kaiser
- ❖ The Alert Program, How Does Your Engine Run? by Shellenberg and Willaims
- ❖ Building Bridges for Sensory Integration by Aquilla, Sutton and Yack
- ❖ The Drive Thru Menus for Stressbusting and Relaxation by Tere Bowen-Irish
- ❖ What to do When You Worry Too Much By Huebner and Matthews
- ❖ The Whole Brain Child and The Yes Brain by Daniel Siegel
- ❖ The Zones of Regulation by Leah Kuypers
- ❖ The Mindful Child by by Susan Kaiser Greenland
- ❖ The Mindful Teen" by Dzung X, VO, MD. Planting Seeds, Mindfulness with Children by Thich Nhat Hanh