



Research & Resources

Below is a non-exhaustive list of research and resources related to the concepts addressed Hanna's training.

General Resources for Information and Research:

- The Child Mind Institute: <https://childmind.org/>
- Conscious Discipline: <https://consciousdiscipline.com/>
- The Center for Healthy Minds (University of Wisconsin-Madison), Kindness Curriculum: <https://centerhealthyminds.org/join-the-movement/sign-up-to-receive-the-kindness-curriculum#.WZ72aTgVx6g.twitter>
- The Dana Foundation: <http://www.dana.org/>
- Center on the Developing Child (Harvard University): <https://developingchild.harvard.edu/>
- Resource kit: Brain-Aligned Strategies Addressing the Emotional, Social, and Academic Health of all Students by Dr. Lori Desautels and Presence Learning: https://www.presencelearning.com/resources/content-library/brain-aligned-strategies-lori-desautels/?utm_source=marketo&utm_medium=email&utm_content=+&utm_campaign=newsletter-recruiting-may17&mkt_tok=eyJpIjoiT1Roa01rTTFaakE1TkRoaiIsInQiOiJOZ1VER2hpVUpyWmM4QWlHKzVZOVBWFhKTDF0dGxudStGdnF1NlZaczU4bm9hMDQ2NTJpa1pvYXhhRHpzRE1aQzF4dT YrektEM043cXoyRGtUUXA5QUtTR0EzXC9lQW1GK0tNZ3dqMEphZUE4ZHFcL0hHZjNpZlhbTXgwSEJLakNKIn0%3D&fbclid=IwAR1kkvSuKDwLA_5C7Rtq3_33vFLmEq7PQXI3_aTnQTrhgLsJaXqrxFNjsWM

Helpful Websites:

- Cognitive Connections: <http://efpractice.com/>
- EF in the Classroom: <http://www.efintheclassroom.net/sustained-attention>
- Jill Kuzma's Blog: <https://jillkuzma.wordpress.com/>
- Raising a Sensory Smart Child: <https://www.sensorysmarts.com/index.html>
- Social Thinking: <https://www.socialthinking.com/>
- The Brain Talk Curriculum: <http://www.braintalktherapy.com/>
- The Incredible 5-Point Scale: <http://www.5pointscale.com/>
- The Zones of Regulation: <http://www.zonesofregulation.com/index.html>
- Tools of the Mind: <https://toolsofthemind.org/>

Articles About Self-Regulation, Executive Functioning, and Metacognition:

- Child Mind Institute. How Can We Help Kids with Self-Regulation: <https://childmind.org/article/can-help-kids-self-regulation>
- Barkley, Russel A. The Important Role of Executive Functioning and Self-Regulation in ADHD: http://www.russellbarkley.org/factsheets/ADHD_EF_and_SR.pdf
- Nadworny, Elissa. (2018). Why Teens Should Understand Their Own Brains (And Why Their Teachers Should Too!): https://www.npr.org/sections/ed/2018/05/15/609769519/why-teenagers-should-understand-their-own-brains-and-why-their-teachers-should-?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=20180515&fbclid=IwAR0YbDA5NOAGVgIXFHYXq2BuKLLHhVEkF4qmxlPYisiMz8Z_EvrUWLD4Wps0
- Dawson, Peg. How to Motivate a Teenager with ADHD: https://www.additudemag.com/slideshows/how-to-motivate-a-teenager/?fbclid=IwAR3z98ftJm8NjyUhS4WjkZz3bBJHPJgRcCmCYpKYNPIVMVoVc6VDqFeK_NY



- Den Heijer, A. E., Groen, Y. et al. (2017) Sweat it Out? The Effects of Physical Exercise on Cognition and Behavior in Children and Adults with ADHD: A Systematic Literature Review. *J Neural Transm*, 124 (Suppl. 1): S3-S26.
- Barker, Eric. New Neuroscience Reveals 3 Secrets That Will Make You Emotionally Intelligent: https://www.bakadesuyo.com/2017/08/emotionally-intelligent/?fbclid=IwAR05CLgdc1ngpT5VQ3WsXFwQTJ_803PXq0qj67s1ZrDo5eeDMN3vbL0QRKA
- The Calm Clinic. How the Amygdala Affects Anxiety: https://www.calmclinic.com/anxiety/amygdala?fbclid=IwAR0SvAP5fDMmhyZuqm_tyxr5e-leFZHlbe-BljtIXCw6Jyh1245LNwfmaFM
- Barry J. Zimmerman (1990) Self-Regulated Learning and Academic Achievement: An Overview, *Educational Psychologist*, 25(1): 3-17.
- Ryan, R.M., Deci, E.L. (2000). Intrinsic and Extrinsic Motivations: Classic Definitions and New Directions. *Contemporary Educational Psychology*, 25: 54-67.
- Pintrich, P.R., De Groot, E.V. (1990). Motivational and Self-Regulated Learning Components of Classroom Academic Performance. *J of Educational Psychology*, 82(1): 33-40.
- Schunk, D.H., Ertmer, P.A. Handbook of Self-Regulation: Chapter 19-Self-Regulation and Academic Learning: Self-Efficacy Enhancing Interventions.
- Cleary, T.J., Zimmerman, B.J. (2004). Self-Regulation Empowerment Program: A School-Based Program to Enhance Self-Regulated and Self-Motivated Cycles of Student Learning. *Psychology in the Schools*.
- Bull, R., Espy, K.A., Wiebe, S.A. (2008). Short-Term Memory, Working Memory, and Executive Functioning in Preschoolers: Longitudinal Predictors of Mathematical Achievement at Age 7 Years. *Developmental Neuropsychology*, 33(3): 205-228.
- Best, J.R., Miller, P.H., Naglieri, J.A. (2011). Relations Between Executive Function and Academic Achievement from Ages 5 to 17 in a Large, Representative National Sample. *Learn Individ Differ*, 21(4): 327-336.
- Jacobson, L.A., Williford, A.P., Pianta, R.C. (2011) The Role of Executive Function in Children's Competent Adjustment to Middle School. *Child Neuropsychology*, 17, 255-280.

Articles About Social-Emotional Learning:

- Elias, Maurice. (2018). The Connection Between Academic and Social Emotional Learning: https://www.researchgate.net/publication/238658899_The_Connection_Between_Academic_and_Social_Emotional_Learning?fbclid=IwAR1mB8ASP1xIILKg-gYSEz-ojRXJfbXGEKkcpN4BYNsvdaoIEXRz9jSHUuM
- The Aspen Institute (2017): The Evidence Base for How We Learn: Supporting Students' Social, Emotional, and Academic Development: https://www.aspeninstitute.org/publications/evidence-base-learn/?fbclid=IwAR0oOcoBojDYG9Yrz4_M6gn90UN8A5xYThwBHZMesRIwnR5I_pIbSaeFrZg

Articles About Mindfulness:

- Hwang, Y.S., Kearney, P., Klieve, H. et al. (2015). Cultivating Mind: Mindfulness Interventions for Children with Autism Spectrum Disorder and Problem Behaviours, and Their Mothers. *J Child Fam Stud*, 24, 3093.
- Christopher Melnychuk M, Dockree PM, O'Connell RG, Murphy PR, Balsters JH, Robertson IH. (2018). Coupling of respiration and attention via the locus coeruleus: Effects of meditation and pranayama. *Psychophysiology*, 55 e13091. <http://doi.org/10.1111/psyp.1309>
- Jha, A.P., Stanley, E.A., Kiyonaga, A., Wong, L., Gelfand, L. (2010). Examining the Protective Effects of Mindfulness Training on Working Memory Capacity and Affective Experience. *Emotion* 10: 54-65.



Books for Educators, Therapists, Parents, and Professionals:

- [The Willpower Instinct](#) by Kelly McGonigal
- [Self-Reg How to Help Your Child \(and You\) Break the Stress Cycle and Successfully Engage with Life](#) by Stuart Shanker
- [The Whole Brain Child](#) by Daniel Siegel and Tina Payne Bryson
- [Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child](#) by Shauna Shapiro and Chris White
- [The Growth Mindset Coach](#) by Annie Brock and Heather Hundley
- [Teaching Students to Drive Their Brains: Metacognitive Strategies, Activities, and Lesson Ideas](#) by Donna Wilson and Marcus Conyers
- [The Brain That Changes Itself](#) by Norman Doidge
- [Make Social Learning Stick!](#) by Elizabeth Sautter
- [Raising a Sensory Smart Child](#) by Lindsey Biel and Nancy Peske