

Family-School Well-Being Resources

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- *Well-Aware: Developing Resilient, Active and Flourishing Students*, Patrick Carney, Pearson, 2015. Hot off the presses, Carney presents a school, class, family, and community approach to well-being. He asks us to reconsider some of what might have once been viewed as negative as gift... for example, the gift of energy or excitement.
- *The Conscious Parent: Transforming Ourselves, Empowering Our Children*, Shefali Tsabary, Namaste, 2010 details the power of learning alongside children in mutual and reciprocal partnership.
- [10 Ways to Promote Good Mental Health and Well-Being in Kids](#) outlines well-being as a set of choices made by families - for many it will be reinforcement of their way of being; for others, it will provide important insights.
- *10 Mindful Minutes*, Goldie Hawn, Rutledge, 2011 offers simple, effective ways for families to create calmer, kinder, and happier environments that reduce stress and anxiety.
- *Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything*, Deborah Schoeberlein with Suki Sheth, Wisdom, 2009 presents an approach that nurtures emotional balance, reflective thinking, and empathic relationships.
- *Planting Seeds: Practicing Mindfulness with Children*, Thict Nhat Hank and the Plum Village Community, Parallax Press, 2011 outlines a range of hands-on activities to increase concentration and confidence, relieve stress, communicate effectively, and address difficult emotions.
- *Quiet: The Power of Introverts in a World that Can't Stop Talking*, Susan Cain, Broadway Books, 2013 discusses how we see introverts, how they see themselves, and the stories of many successful introverts.

Children's Literature (Picture Books)

- *Scaredy Squirrel*, Melanie Watt, Kids Can Press focusses on risk-taking and how we need to take small steps in order to build confidence and willingness to take risks. Children can identify things that scare them, what they might put in their emergency kits, their own daily routines, and feelings associated with taking a risk or trying something unfamiliar. See suggestions for reading aloud at http://www.kidscanpress.com/Assets/Books/w_ScaredySquirrel_1858/PDFs/ScaredySquirrel_1858_storytime.pdf
- *The Most Magnificent Thing*, Ashley Spires, Kids Can Press, 2014 shows a young girl who tries not once, not twice, but many times to build the most magnificent thing. Reminiscent of Edison who said, "I have not failed, I have just found 1000 ways that won't work," what she finds in the end is that each thing that she has built along the way contributes to her most magnificent thing. See a multi-lesson learning experience at <http://www.scholastic.com/teachers/top-teaching/2014/10/design-thinking-lesson-connects-classmates>.
- *I Like Myself*, Karen Beaumont, Scholastic, 2010 and *What I Like About Me*, Allia Zobel-Nolan, 2005, Readers Digest support students in building self-confidence, understanding that difference makes us special, and identifying what it is they like about themselves. We all have strengths, and sometimes we just need a little help to discover and articulate them.
- *The Way I Feel*, Janan Cain, Scholastic, 2000 and *Feelings*, Aliko, Greenwillow, 1986 allow children to make connections between their daily experiences and feelings, Discussion questions include: What are some feelings you remember having? What were you doing when you had that feeling? Talk about a time when you felt happy, sad, excited, angry, etc. What are the best ways to express these feelings? Ultimately, the goal of such discussions is to share the message that we all have similar feeling and are really not that different at all; what might differ is how we express our feelings. See full week plan for

[file://localhost/Grades 3-5 at http://www.freepirit.com/files/OTHER:3-5_lesson.pdf](file://localhost/Grades%203-5%20at%20http://www.freepirit.com/files/OTHER:3-5_lesson.pdf)

- *I Wonder*, Annaka Harris, Four Elephants Press, 2013, frees children and adults to be curious, uncertain, and okay with the many things we don't know. It would serve as a wonderful springboard to conversations about what we wonder about and what we don't know.
- *Ripple's Effect*, Shawn Achor and Amy Blankson, Little Pickle Press, 2012 shares the message that being happy in this world is a choice we make. It demonstrates the difference that just one individual can make by being positive. You can find the publisher's lesson plans at <http://info.littlepicklepress.com/download-lesson-plans-ripples-effect>
- *What Do You Do With An Idea?* Kobi Yamada, Compendium, 2014 and *Wings of Change*, Franklin Hill, Hushion House, 2001 foster open conversation about persistence, resilience, belief in oneself, and openness to small successes.
- *Through the Cracks*, Carolyn Solomon, Davis, 1994 demonstrates that we all learn in different ways and we just need to find our strengths. When our strengths are matched with learning experiences, we all flourish. Discussion can focus on asking students (of all ages) to review the images presented, pointing out the ways that they learn best.
- *The Invisible Boy*, Trudy Ludwig, Knopf Books for Young Readers, 2013 presents the story of a young boy who struggles with belonging. Discussion questions include: How are we similar? How are we different? How can we make sure that everyone feels included and welcome. See a sample read aloud plan at <http://www.witsprogram.ca/pdfs/schools/books/the-invisible-boy/the-invisible-boy.pdf>

A Brief Selection of Biographies, Movies, and Ted Talks

- Biographies and messages of famous people (e.g., [Thomas Edison](#) - *I've not failed, I've just found 1000 ways that don't work*; [Michael J. Fox](#) - *You suffer the blow, but you capitalize on every opportunity left in its wake*) allow youth to explore the similarities of their lives to those who have made a difference.
- Popular Culture Movies, such as *Freedom Writers*, *Mona Lisa Smile*, *Dangerous Minds*, *Dead Poets Society*, all contain messages of resilience and identity.
- Ted Talks: [On Being Wrong](#); Meaghan Ramsey's [Why thinking you're ugly is bad for you](#); Shane Koyczan's [To This Day ... for the bullied and beautiful](#); Susan Cain's [The Power of Introverts](#))