

## Tools

- [Zones of Regulation BINGO](#)
- \*[Mighty Mo](#) workbook - 79-pages book includes a story which explains in an aged-appropriate way what anxiety is and how it affects one's life, and a workbook which provides a child with various techniques how to relax, think positively and solve problems.
- \*[DeStress Monday](#)- Weekly practices in breathing, mindfulness and positivity to refresh your mind on Monday and help you manage stress all week.
- \* [Draw On Your Emotions](#) by Margot Sunderland Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing
- \*[Feeling Magnets](#)
- \*[Youhue app](#) YouHue is an app that uses mood tracking to empower students to understand their emotions so they can better manage and communicate them.
- Movie: Inside Out (2015) - The film is set in the mind of a young girl named Riley, where five personified emotions—Joy, Sadness, Anger, Fear, and Disgust—try to lead her through life as she and her parents adjust to their new surroundings.
- \*[GoZen Videos](#) GoZen! programs teach a suite of social and emotional learning skills to kids via fun videos and engaging activities
- [Talking, Feeling, Doing Board Game](#)

## Books

- \* [The Circles All Around Us](#) by Brad Montague. Has a teachable companion guide you can download. In the circles all around us, everywhere that we all go, there's a difference we can make and a love we can all show.

- [The Hurt](#) by Tedd Doleski. A children's story of a boy whose feelings get hurt when his friend calls him a name. A simple story with a moral/behavioral message. Ages 6-8
- [Ahh's Anger](#) by Gail Silver. Gives children and caregivers a concrete practice for dealing with anger and other difficult emotions.
- [What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) by Dawn Huebner
- [The Magic Moment](#) by Niall Breslin The Magic Moment helps children return to the present moment and is a must for parents or anyone working with children who wants to help them feel the fear and jump in anyway.
- [We Thinkers Volume 1](#) - Ages 4-7
- [We Thinkers Volume 2](#) - Ages 4-7
- [The Incredible Five Point Scale](#) - Ages 8+
- [The Zones of Regulation](#) - Ages 4+

### Web Articles

- [Emotional Regulation and Self-Injury](#)
- [Teaching strategies for regulation](#)
- [Ideas for the classroom](#)
- [How Learning Emotional Skills Can Help Boys Become Men](#)
- [Re-Framing the Way Teens Think When Prone to Negative Thoughts](#)
- [Back to School Relief or Worry?](#)

*(Resource list adapted from International School Counselor's Association)*