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Nota di contenuto	""Cover""; ""Contents""; ""Foreword""; ""Preface""; ""Publisher's Acknowledgments""; ""About the Author""; ""Introduction: Children Haven't Changed; Childhood Has""; ""Glossary: The Vocabulary of Anxiety, Stress, and Trauma""; ""Part I - Brain Changes and How They Affect Student Behaviors and Learning""; ""Chapter 1 - The Impact of Losses and Stress on the Student's Mind and Body""; ""Losses""; ""Stress""; ""When Traumatic Memories are Triggered""; ""Cognitive Lockout""; ""Interventions are Possible"" ""Chapter 2 - Regaining Cognitive Access: The Process of Transforming Stress and the Sense of Helplessness"" ""Transforming Perceptions of Helplessness""; ""Strengthening Self-Regulation""; ""Part II - Activities for Transforming the Helplessness Generated by Stress and Fear""; ""Chapter 3 - Language Arts: Creative Writing and Journaling""; ""Topics for Creative Writing and Journaling""; ""Issues of Loss and being Lost or Invisible""; ""Issues of Rejection or being Excluded""; ""Issues of Brokenness, Helplessness, or Futurelessness""; ""Issues of Betrayal or Broken Promises""

""Issues of Emotional Intelligence (Dealing with Feelings)""""Issues of Hope, Empowerment, and Healing""; ""Debating Points and Issues""; ""Prose and Poetry""; ""Integrating Art and Creative Writing into Core Curriculum Areas: Combining Art and Literary Themes That Can be Applied to Core Curriculum Subjects""; ""Ad Campaigns""; ""Comic Books""; ""Mandalas""; ""Chapter 4 - Social Studies and History: Creative Topics""; ""Historical Cartoons and Storyboards""; ""Fictional Comic Books about Historical Characters""; ""Artistic Media Projects for History or Social Studies""

""Creating Scripts for Hypothetical Radio Interviews""""Writing Radio Scripts for a€œWhat if . . .a€? Programs""; ""Creating Public Service Announcements""; ""Chapter 5 - Character Education""; ""Internal Strengths: Emotional Intelligence""; ""A Classroom Directory of Feelings and Emotions""; ""A Feelings Mural: Addressing all Feelings""; ""A Box of Respect: Addressing Self-Acceptance, Self-Respect, and the Ability to Respect and Empathize with Others""; ""The Iceberg Project: Addressing Issues of Respect, Empathy, and Trust""

""Letters to Hurts: Addressing Empathy, Compassion, Courage, Anger Issues, Forgiveness, and Generosity""""Drawing a Dream: Addressing Issues of Anger, Work Ethic, Forgiveness, and Hopelessness""; ""Facing Fears: Addressing Fears, Courage, Anger, and the Ability to Overcome""; ""Playground Charters: Addressing Issues of Leadership, Integrity, Conflict, Hopefulness, and Justice""; ""Where are the Heroes?""; ""Issues of Emotional Honesty, Leadership, Risky Behaviors, and Choices""; ""Honoring Strengths with a Character Wall""; ""The Character Board Game""; ""Physical Strengths""

""Internal Capacities for Self-Regulation and Stress Management""

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Sommario/riassunto

Trauma and stress can interfere with students' cognitive skills. Discover how classroom activities can be used to restore feelings of safety, empowerment, and well-being.

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