

FREE Resources for Teaching/Learning Mindfulness & Anger/Stress Management Skills

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Mindfulness Resources Parents/Adults Can Use With Children:

- [20 Mindfulness Task Cards](#) and/or [12 "Blue Trees" Mindfulness Task Cards](#)
- [100 Coping Strategies](#) poster and/or [Managing Big Emotions](#) poster (hand with steps)
- Posters for kids: [flowers & leaves](#) OR ([5 fingers, rainbow, balloon](#)), [Kids Have Stress Too](#)
- [12 Yoga Breathing & Poses](#) for children and/or [Stretches for Managing Stress](#): for children
- Self-regulation: [12 Ways to Help Build it](#), [120 Ideas for Kids](#), [Tucker the Turtle](#).
- [Anxiety Coping Skills](#) for kids: infographic List of [50+](#) de-escalation Strategies for Parents/Teachers
- [16 Activities and Games](#) that Promote Emotional Development. [54321 grounding technique](#)
- [Slumber Sloth](#) book (progressive muscle), part of the [Slumberkins series](#) for social-emotional learning (\$)
- [A Little Spot of Emotion](#), an 8-book set/series for social-emotional learning (\$)

Videos FOR CHILDREN:

- Self-regulation: [5 A-B-C-D-E steps](#) (4:14) and [tips from Cookie Monster](#) (5:06), and [5 Fun GAMES](#) (7:53)
- [How to calm down and communicate your needs and seek a win/win solution](#). (4:44 minutes)
- [Conflict Resolution for adults](#) (or older children?) (3:03)

For Parents/Teachers/Adults:

- [Handling a Tantrum](#) infographic includes a Tantrum "Arc" image from [article](#). [Trauma Triggers webinar](#).
- [How to create customized anger/stress plans for adults/children](#) (with *The Parents Toolshop*® system.)
- [Stress-Buster](#) handout *for Adults* from PACES (Positive and Adverse Childhood Experiences)
- [Relaxation Audios](#) (Folder has 3 files. *For your use only.*)
- ACEs (Adverse Childhood Experiences) [handout](#) and [Harvard infographic](#) on Toxic Stress.
- Trauma-Informed Parenting Models: [Dan Siegel's hand model of the Brain](#). [Bruce Perry's 3 R's](#)
- [Preventing Sexual Abuse](#) and [Teaching Children Boundaries](#). (Both Free CEU courses.
- More about "fawn" [Original source](#) and [this excerpt](#) and other [complex trauma reactions](#).
- [Anger Log](#) for reprogramming your trigger buttons using Cognitive Behavioral Therapy process.
- EMDR: Eye Movement Desensitization Reprogramming and NLP: Neuro-linguistic programming. [Directions for self-help techniques](#).
- **EFT: Emotional Freedom Technique.** [Free manual of science](#). [Kids book \\$](#). [Online training](#). [Handout](#).
- [Neurofeedback 101](#): *Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)*,
- [Your Words Matter](#): (how to reword common communication statements to be more positive.)

Free webinars (Each offers signed certificates for training hours if attend live or pay nominal fee for replay cert.):

- [Devereaux Center for Resilient Children](#). See "Rubber Bands and Umbrellas" on resilience.
- [Michigan State University Extension](#): The "Mindfulness for Children," offered ongoing.
- Webinar: [Teaching Children Mindfulness and Anger/Stress Management Skills](#) (1 hour)
 - [Free on YouTube](#) or [\\$5 to receive a signed certificate for training credits](#). Get chart

Home / School Curricula:

- [MindUp!](#) Brain-Focused Strategies for Focused Classrooms, Mindful learning, and Resilient Children, developed by the Hawn Foundation, with top experts and published by Scholastic.
- [Zones of Regulation](#) curriculum. FREE posters on "[When I feel I can...](#)" [Zones and Options](#),

Other:

- [Relationship Toolshop® Memberships](#): free resources, discounts, news of current & access to past webinars, courses, and resources. Choose from different types of parents and professionals.
- A [virtual mindfulness room](#) developed by Alief Independent School District in Houston, TX.
- Find more Resources at [We Are Teachers](#), [Teachers Pay Teachers](#), and [Child's Work / Child's Play](#).

(NOTE: You may need to create a free membership or opt-in to download some of these resources. Please use the resources for your own personal use. Contact the publishers for permission to distribute and/or read and honor all copyright statements on the resources.)