

## Self-Expression and Communication:

Reader's and Writer's Workshop Resources:

*...And With a Light Touch, Learning About Reading, Writing, and Teaching with First Graders* by Carol Avery (This is a fantastic read and fantastic for 1<sup>st</sup> grade especially)

*Writing: Teachers and Children at Work* by Donald Graves

Writing Workshop series by Lucy Calkins (Step by step guidance in developing writing. There is another series for older students, 3<sup>rd</sup>-6<sup>th</sup> I think.)

1. *The Nuts and Bolts of Teaching Writing*
2. *Launching the Writing Workshop*
3. *Small Moments: Personal Narrative Writing*
4. *The Craft of Revision*
5. *Authors as Mentors*
6. *Nonfiction Writing: Procedures and Reports*
7. *Poetry: Powerful Thoughts in Tiny Packages*
8. *The Conferring Handbook*
9. *Resources for Primary Writing (DVD)*

Phonics/Reading/Writing Resources:

*The Writing Road to Reading* by Romalda Bishop Spalding

*The Write Start* by Jennifer Hallissy

Math:

*About Teaching Mathematics* by Marilyn Burns

*Teach the Way They Learn* by Joanne L. Hines and Pamela J. Vincent

*How Before Why: Singapore Math Computation Strategies*

Game:

Adding Up and Up (Learning counting, addition, regrouping, and place value)

(Materials: dice, Unifix Cubes (more advanced working with place value and regrouping can use Base Ten Blocks)

Roll one or two dice, find the sum, and collect that number of cubes. Roll again and repeat the process, adding to the collection of cubes. Connect the cubes into a train. Break it off when the sum reaches ten or more. Name the sum and, then place the ten stick to the side. Continue the process making ten sticks and leftovers. At the end of the period, have each child count and numerically name their collection. Then, add all of the ten sticks from the group and count by tens and ones to find the total sum or all the children in the group.

# **Understanding People**

*Big Ideas for Little Kids: Teaching Philosophy Through Children's Literature* by Thomas E. Wartenberg

## **Personal Development:**

Reading Development:

Oxford Reading Tree leveled readers  
(I highly recommend the Biff and Chip series)

Centering/Meditation/ Mindfulness/Yoga:

*Planting Seeds* by Thich Nhat Hanh

\**A Handful of Quiet* by Thich Nhat Hanh (Pebble Meditation has been a favorite of ours this past year also.)

*A Child's Garden of Yoga* by Baba Hari Dass

*Create a Yoga Practice for Kids: Fun, Flexibility, and Focus* by Yael Calhoun and Matthew R. Calhoun

*Storytime Yoga* by Sidney Solis

*Twist: Yoga Poems* by Janet S. Wong

*The Kid's Yoga Deck: 50 Poses and Games* by Annie Buckley

*Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownups*

Musical Mats (A Yoga Game): Play like musical chairs except using yoga mats. Have two fewer mats than students. One student is in charge of starting and stopping the music, as well as calling the next pose (they are named the "Caller." That student starts the music. Everyone else starts walking/skipping/ dancing in a circle around the mats. The "Caller" announces the coming pose, then they stop the music. Every yogi tries to find an open mat and take the pose announced. The person left without a mat is the new "Caller" and the game continues. This version is less competitive and keeps everyone engaged for the duration instead of it being a game of elimination in which people have to sit out much of the time. It can be played either way though.

Stone Still Meditation (As taught by Helen Gorman at the LWS in Portland) and incorporating the following affirmations developed and written by Erica and Molly:  
Legs:

On my legs, I am steady. I trust myself.

Belly:

My will is strong like a stone. I use my will to create good energy.

Hands:

I can use my hands to do good in the world. I am a loving friend. I practice kindness.

Heart:

I find the joy within me. I choose happiness.

Forehead:

I am wise and strong. I am a lifelong learner.

## **Wholeness:**

Art:

Books and recordings by Michele Cassou (recommended by Carianne)

*Beautiful Oops!* By Barney Saltzberg

*Drawing with Children* by Mona Brookes

Bank Street College of Education Children's book lists (available on their website)

Building Community:

*The Morning Meeting* by Roxann Kriete

*Teaching Children to Care* by Ruth Sidney Charney

*Conscious Discipline* by Dr. Becky Bailey

*Conscious Discipline DVD* by Dr. Becky Bailey (I highly recommend this for staff and parent development classes)

*I Love You Rituals* by Dr. Becky Bailey

*The Power of Our Words* by Paula Denton

*You Can't Say You Can't Play* by Vivian Gussin Paley

Parenting Support:

*Between Parent and Child* by Dr. Haim G. Ginott

*Easy to Love, Difficult to Discipline* by Dr. Becky Bailey

Child Development:

*Yardsticks: Children in the Classroom Ages 4-14* by Chip Wood