

Professional Development Resource Package: *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut Down Than Ever – And What We Can Do About It*
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This document has been created to provide suggestions for how to maximize the 3 resources: book, Inside-Out Handbook and video series. Each resource can ‘stand alone’ but its benefit will be enriched when two or more are used simultaneously as they provide a full circle perspective.

***First Things First!* Understanding the context we work in and WHY it’s become more difficult to connect with our students**

Book	Inside-Out Handbook	Video Series
<p>Ch. 1: The Dream vs. the Reality</p> <p>Ch. 2: What’s Getting in the Way</p> <p>p. 299-303 Introduction to the Inside-Out Handbook</p>	<p>p. 8 Introducing the ‘I Can Dance’ series books/CD package that can also be part of activities in a class – applicable for children aged 4-11 years old.</p> <p>Available through rubiconpublishing.com/collections/can-danceje-peux-danser. Available in English and French</p>	<p>From stuck to unstuck: creating the conditions for change</p> <p>Session 1: Learning to read what’s needed for change</p> <p>Session 2: Creating the environment of emotional safety</p> <p>Towards thriving students and learning communities</p> <p>Session 12: Creating a village</p>

Becoming the Leader Our Students Need – How can we help them feel safe in our presence and secure enough to take risks in their learning

Book	Inside-Out Handbook	Video Series
<p>Ch. 3: How We Lead Matters</p> <p>Ch. 4: Building the Relationship</p> <p>Ch. 5: Feeding the relationship</p> <p>Ch. 6: Protecting and Extending the Relationship</p>	<p>GET IT OUT!</p> <p>p.10 Drumming: Age 4-11 with variations for 9-11</p> <p>p.12 Class Parade: Age 4-8</p> <p>p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18</p> <p>p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old</p> <p>p.20 Squeeze Away: Age 4-11, modifications for 9-11</p> <p>p.22 Scribble Time: Age 4-11</p> <p>p.23 Drawing the Music: Age 4-18, modifications for 9-18</p> <p>p.26 I See It. I Go to It: Age 9-18</p> <p>FEEL:</p> <p>p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18</p> <p>p. 33 Frustration Monster: Ages 4-11</p> <p>p. 34 The Shape of Our Feelings: Ages 12-18</p> <p>CARE AND CONNECT:</p> <p>p. 61 The Mirror: Ages 4-18, modifications for 12-18</p> <p>p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>From stuck to unstuck: creating the conditions for change</p> <p>Session 2: Creating the environment of emotional safety</p> <p>Session 3: Becoming the leader our students need</p> <p>Towards thriving students and learning communities</p> <p>Session 12: Creating a village</p>

Common Challenges – Students come to school with different life experiences and challenges. They demonstrate a wide range of behaviors, some of which might leave us perplexed. This section provides insight into different types of challenges, how the adult can best intervene and a range of activities that can help the student work through their emotional waves.

What's Behind the Behavior? Behaviors are the 'tip of the iceberg,' what we see in action and sound. However, to truly be able to understand and intervene in a meaningful way, we must invest time, energy and focus into understanding what is 'underneath.'

Book	Inside-Out Handbook	Video Series
Ch. 7 - What's Behind the Behavior?	Activities are provided in relation to different areas of challenge, these can easily be adapted and interchanged.	Understanding what's behind the behavior & how to help Session 4: Not safe to feel: unpacking the role of emotion and defense

The Child Who Is Anxious

Book	Inside-Out Handbook	Video Series
Ch. 8 - The Child Who is Anxious	<p><u>GET IT OUT!</u></p> <p>p.12 Class Parade: Age 4-8</p> <p>p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18</p> <p>p.20 Squeeze Away: Age 4-11, modifications for 9-11</p> <p>p.22 Scribble Time: Age 4-11</p> <p>p.23 Drawing the Music: Age 4-18, modifications for 9-18</p> <p><u>FEEL:</u></p> <p>p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18</p> <p>p. 33 Frustration Monster: Ages 4-11</p> <p>p. 34 The Shape of Our Feelings: Ages 12-18</p> <p>p. 38 Sensory Poem: Ages 12-18</p> <p><u>CARE AND CONNECT:</u></p> <p>p. 49 Us Art: Ages 4-11</p> <p>p. 53 The Snake: Ages 12-18</p> <p>p. 61 The Mirror: Ages 4-18, modifications for 12-18</p> <p>p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what's behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 6: Anxiety: what's behind the behavior & how to help</p>

The Child's Whose Head is in the Clouds

Book	Inside-Out Handbook	Video Series
<p>Ch. 9 - The Child's Whose Heads is in the Clouds</p>	<p>GET IT OUT! p.10 Drumming: Age 4-11 with variations for 9-11 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.22 Scribble Time: Age 4-11</p> <p>FEEL: p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 "Sometimes I ...": Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18 p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what's behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 7: Attention Problems: what's behind the behavior & how to help</p>

The Child Who is Being Disruptive

Book	Inside-Out Handbook	Video Series
<p>Ch. 10 - The Child Who is Being Disruptive</p>	<p>GET IT OUT! p.10 Drumming: Age 4-11 with variations for 9-11 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.20 Squeeze Away: Age 4-11, modifications for 9-11 p.22 Scribble Time: Age 4-11 p.23 Drawing the Music: Age 4-18, modifications for 9-18</p> <p>FEEL: p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18 p. 33 Frustration Monster: Ages 4-11 p. 34 The Shape of Our Feelings: Ages 12-18 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 "Sometimes I ...": Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18 p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what's behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p>

The Child Who Is Resistant		
Book	Inside-Out Handbook	Video Series
<p>Ch. 11 - The Child Who Is Resistant</p>	<p>GET IT OUT! p.10 Drumming: Age 4-11 with variations for 9-11 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.22 Scribble Time: Age 4-11 p.23 Drawing the Music: Age 4-18, modifications for 9-18</p> <p>FEEL: p. 33 Frustration Monster: Ages 4-11 p. 34 The Shape of Our Feelings: Ages 12-18 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 “Sometimes I ...”: Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 8: Resistant or bossy: what’s behind the behavior & how to help</p>
The Child Who Has Shut Down and Doesn’t Seem to Care....about Anything		
Book	Inside-Out Handbook	Video Series
<p>Ch. 12 - The Child Who Has Shut Down and Doesn’t Seem to Care....about Anything</p>	<p>GET IT OUT! p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.20 Squeeze Away: Age 4-11, modifications for 9-11 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18</p> <p>CARE AND CONNECT: p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 9: Shut down or bully behavior: what’s behind the behavior & how to help</p>

The Child Who Acts Bossy

Book	Inside-Out Handbook	Video Series
<p>Ch. 13 - The Child Who Acts Bossy</p>	<p>GET IT OUT! p.10 Drumming: Age 4-11 with variations for 9-11 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.22 Scribble Time: Age 4-11 p.23 Drawing the Music: Age 4-18, modifications for 9-18 p.26 I See It. I Go to It: Age 9-18</p> <p>FEEL: p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18 p. 33 Frustration Monster: Ages 4-11 p. 34 The Shape of Our Feelings: Ages 12-18 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 “Sometimes I ...”: Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18 p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 8: Resistant or bossy: what’s behind the behavior & how to help</p>

The Child Who Acts Aggressively

Book	Inside-Out Handbook	Video Series
<p>Ch. 14 - The Child Who Acts Aggressively</p>	<p>GET IT OUT! p.10 Drumming: Age 4-11 with variations for 9-11 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.20 Squeeze Away: Age 4-11, modifications for 9-11 p.22 Scribble Time: Age 4-11 p.23 Drawing the Music: Age 4-18, modifications for 9-18 p.26 I See It. I Go to It: Age 9-18</p> <p>FEEL: p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18 p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 “Sometimes I ...”: Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 5: Aggression: what’s behind the behavior & how to help</p>

The Child Who Bullies Others

Book	Inside-Out Handbook	Video Series
<p>Ch.15 - The Child Who Bullies Others</p>	<p>GET IT OUT! p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18</p> <p>FEEL: p. 35 Drawing with Oven Mitts: Ages 9-11 p. 38 Sensory Poem: Ages 12-18 p. 40 “Sometimes I ...”: Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Session 9: Shut down or bully behavior: what’s behind the behavior & how to help</p>

Negative Identify – Group or Individual

Book	Inside-Out Handbook	Video Series
<p>Ch. 16 - Shifting the Negative Identity of an Individual Child</p> <p>Ch. 17 - Shifting the Negative Identity of a Group</p>	<p>GET IT OUT! p.12 Class Parade: Age 4-8 p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18 p.17 Scavenge and Create Age 4-18, modifications for 9-11, 12-18 years old p.22 Scribble Time: Age 4-11 p.23 Drawing the Music: Age 4-18, modifications for 9-18 p.26 I See It. I Go to It: Age 9-18 p. 38 Sensory Poem: Ages 12-18 p. 40 “Sometimes I ...”: Ages 12-18 p. 42 Journal Time: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18 p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Towards thriving students and learning communities</p> <p>Session 10: Shifting the negative identity of a child or a group</p>

Thriving...things are going well, how can I help my students and group grow further and become a supportive community

Book	Inside-Out Handbook	Video Series
<p>Ch. 18 - Emotional Safety</p> <p>Ch. 19 - Towards Healthy Community</p> <p>Ch. 20 - Cultural Wisdom Lost and Found</p> <p>Ch. 21 - Waking Up</p>	<p>GET IT OUT! p.14 Be the Conductor (Age 4-8)/You Are the Music ((9-18) – modifications for age 9-11, 12-18</p> <p>FEEL: p. 30 The Feeling Symphony: Ages : 4-18, modifications for 12-18 p. 38 Sensory Poem: Ages 12-18</p> <p>CARE AND CONNECT: p. 49 Us Art: Ages 4-11 p. 53 The Snake: Ages 12-18 p. 56 The Together Tableau: Ages 4-18, modifications for 12-18 p. 61 The Mirror: Ages 4-18, modifications for 12-18 p. 63 Soundscape: Ages 4-18, modifications for 12-18</p>	<p>Understanding what’s behind the behavior & how to help</p> <p>Session 4: Not safe to feel: unpacking the role of emotion and defense</p> <p>Towards thriving students and learning communities</p> <p>Session 11: Waking Up: Restoring and awakening caring feelings</p> <p>Session 12: Creating a village</p>

Home-School Communication, an asset, a need, but not always easy!

Book	Inside-Out Handbook	Video Series
<p>p. 307 For parents</p> <p>p. 309 For Teachers Wanting to Share Insights with Parents, Parents Wanting to Share Insights with Teachers</p> <p>p. 313 For Teachers Wanting to Talk with Their Principal</p> <p>p. 317 For Principals</p> <p>p. 323 For School Counsellors</p> <p>p. 327 For Home Educators</p>		<p>From stuck to unstuck: creating the conditions for change</p> <p>Session 1: Learning to read what’s needed for change</p> <p>Session 2: Creating the environment of emotional safety</p> <p>Towards thriving students and learning communities</p> <p>Session 12: Creating a village</p>