**Resource list**

**For Preschool, Kindergarten and Early Elementary**

The Crisis in Kindergarten - <http://www.imaginationplayground.com/images/content/2/9/2963/crisis-in-kindergarten.pdf> - A must read for anyone who sees how taking play out of childhood hurts children.

Playful Parenting - <https://www.playfulparenting.com/> - one of the best books for parents on how to connect to children with play.

Anji Play - <http://www.anjiplay.com/> - Perhaps the best example I have seen of the blend of the concepts of Adventure Playgrounds and free play.

Little Flower Yoga - [www.littlefloweryoga.com](http://www.littlefloweryoga.com) - A very comprehensive resource for teaching yoga, mindfulness and social emotional learning to children.

Hand in Hand parenting - [www.handinhandparenting.org](http://www.handinhandparenting.org) – A great resource for parents particularly on the benefits of attachment parenting concepts.

Life is Good Playmakers – <https://content.lifeisgood.com/kidsfoundation/> - The best training for play working young children particularly children who have experienced trauma.

Original Play - <https://originalplay.eu/> - The work of Fred Donaldson. So profound and yet counter to what is taught so now Fred primarily teaches in Europe.

Reggio Emilia- <https://www.reggioalliance.org/> - A child centered philosophy.

Gryphon House [www.gryphon.com](http://www.gryphon.com) – Early education resource, activities and books.

Susan Kaiser Greenland - <https://www.susankaisergreenland.com/> - Great resource for anyone teaching mindfulness

Great Activities Publishing Company - <https://greatactivitiesonline.com/> - a great resource for PE teachers on how to make PE fun

Playworks - <https://www.playworks.org/> - They help run recess programs in many major metropolitan areas in the country. Some good resources here on how to structure recess.

CASEL – <https://casel.org/> - The Collaborative for Academic, Social, and Emotional learning - A great resource for Integrating SEL skills into education.

**For Secondary school**

Project Adventure - <http://www.pa.org/> - The preeminent organization that spawned much of what exists in experiential education and SEL.

Retribe – [www.retribe.org](http://www.retribe.org) - Good friends of mine who run Rites of Passage programming for teens.

Social harmony – A part of Retribe. This is a comprehensive conflict resolution program.

Playmeo - [www.playmeo.com/](http://www.playmeo.com/) - an incredible resource of games with many of them videotaped.

**The Nurtured Heart Approach**

Many wonderful books and resources about the Nurtured Heart Approach can be found at the home of NHA - the Nurtured Heart Institute. www.nurturedheartinstitute.com/

**Books**

**Purposeful Play** – A great resource for educators wanting to understand the many dimensions of play and how it can translate into the everyday life of students in school.

**Playful Parenting** – Lawrence Cohen – One of the best books on parenting with playfulness.

**Creative Schools** – Sir Ken Robinson – The importance of creativity and curiosity in learning.

**How Children Succeed** – Paul Tough – The absolute importance of Character Strengths.

**Play** – Stuart Brown – A great overview of what is play and how it is important for everyone.

**A Simpler Way** – Margaret Wheatley – A beautiful and simple book connecting play and nature.

**Nurtured Heart Play** and **The Heart of Play Games Manual** – Howard Moody

**Playing Along** – Izzy Gesell – A good book of improv games.

**Zoomy Zoomy** – Hannah Fox – Another good book of improv games.

**Mindful Games** – Susan Kaiser Greenland - full of activities that are playful and teach mindfulness

**Mindful Educators Workbook** & **The Way of Mindful Education** – Daniel Rechtschaffen

**Alpha Breaths** – Daniel Rechtschaffen – A playful way to learn mindful breathing.

**Teaching Empathy** – David Levine – How to teach empathy with an emphasis on music.

**Diversity in Action** – Sharon Chappelle – Great for middle school & high school using experiential games.

**Parenting for Peace** – Marcy Axness – A very comprehensive book for parents.

**Free to Learn** – Peter Gray – The benefits and importance of free play.

**Playing by Heart** & **Playing for Real** - O. Fred Donaldson – The originator of Original play.

**Any books by Dan Siegel** – He has some of the best books on neuroscience, the teenage brain and parenting.

**Transforming the Difficult Child** – Howard Glasser – The best-selling book on ADD.ADHD. This book led to the founding of the Nurtured Heart Approach.

And google away on Amazon or gather resources and books from friends and colleagues on experiential education, social emotional learning and mindfulness that inspire you to be your creative, playful, and curious self. Learn more about neuroscience and learning. Explore how movement and exercise (John Ratey) is vital in the learning process and one of the best ways to enjoy and benefit from movement is within play. If you want to get your students or children excited about learning, try learning something new yourself and share it with them.