

3 Keys to Improving School Climate – Recommended References

Joan R. Fretz

Adult Communication Skills:

Deci, E.L. and Flaste, R. (1995). *Why We Do What We Do*. New York, NY: Penguin Books (Note: Self-Determination Theory - **Intrinsic Motivation** – Negative impact of using rewards & consequences)

Edwards, Jenny (2010.) *Inviting Students to Learn: 100 Tips for Talking Effectively with Your Students*. Alexandria, VA: ASCD

Kashtan, I. and Kashtan, M. (n.d.) *Basics of Nonviolent Communication*. Retrieved April 15, 2020 from <https://baynvc.org/basics-of-nonviolent-communication/>

Novak, J., Armstrong, D. & Browne, B. (2014). *Leading for Educational Lives: Inviting and Sustaining Imaginative Acts of Hope in a Connected World*. Rotterdam, The Netherlands: Sense Pub.

Purkey, W., Novak, J., Fretz, J. (2020 – in progress). *Developing Inviting Schools: The intentional path to educational success*

Purkey, W. and Siegel, B. (2013). *Becoming an Invitational Leader*. West Palm Beach, FL: Humanix Books

Purkey, W. and Novak, J. (2016). *Fundamentals of Invitational Education*. Nicholasville, KY: International Alliance for Invitational Education (NOTE: This is a concise overview)

Purkey, W. (2000). *What Students Say to Themselves*. Thousand Oaks, CA: Corwin

Rosenberg, M.B. (2015). *Nonviolent Communication: A Language of Life*. Encinitas, CA: PuddleDancer Press

Sofer, Oren J. (2018). *Say What You Mean: A mindful approach to Nonviolent Communication*. Boulder, CO: Shambhala Publication

Websites:

The Center for Nonviolent Communication: Founded by Marshall Rosenberg
<https://www.cnvc.org>

Puddle Dancer Press: The Basics of Nonviolent Communication – Free Materials
<https://www.nonviolentcommunication.com/aboutnvc/aboutnvc.htm>

The New York Center for Nonviolent Communication (NYCNVC) –Meetings and trainings in NY City
<https://www.nycnvc.org/what-is-nycnvc>

Mindful Schools: Online courses in Mindfulness, Mindful Communication, and more.oren
<https://www.mindfulschools.org/about-mindfulness/our-programs/>

Oren Jay Sofer: Recommended Mindful Communication Author and Instructor. Oren is the lead instructor for the Mindful Schools Mindful Communication Course.
<https://www.orenjaysofer.com>

Interpersonal Neurobiology, Mindfulness and Mindsight (Dan Siegel)

Siegel, D. & Bryson, T. (2019) *The YES Brain: How to cultivate courage, curiosity, and resilience in your child*. New York, NY: Bantam

Siegel, D. (2015) *Brainstorm: The Power and Purpose of the Teenage Brain*, New York, NY: Random House

Siegel, D. & Bryson, T. (2014) *No-Drama Discipline*, NY, NY: Bantam

Siegel, D. (2010) *Mindsight*, New York, NY: Bantam

Note: Please visit the Research Experts Videos page to watch Dan Siegel and Janette Yoffee demonstrate the hand model of the brain for adults, adolescents, and young children. This is an effective way of explaining how strong emotions cause us to react “without thinking” instead of respond thoughtfully. Janette Yoffee uses finger puppets in her explanation of the upstairs and downstairs parts of our brain.

Here are two resources for finger puppets to demonstrate the hand model of the brain for young children. Both are available through Amazon.

- Knockout Novelties, Bixby, Oklahoma: 1 dozen 2.25” Plastic Finger Eye Puppets (large size)
- Mia Jewel Shop, Pinecrest, FL: 12 piece set of Assorted Jungle Zoo Animal finger puppets, hand-made knit

Suskin, K. (2015, January, 15). *What’s the difference between feelings and emotions?* Retrieved April 15, 2020 from: <https://thebestbrainpossible.com/whats-the-difference-between-feelings-and-emotions/>

Websites:

Dr. Dan Siegel.com: Inspire to Rewire: Comprehensive resources for Dan’s work in Interpersonal Neurobiology, including extensive list of seminar videos, books, articles, events, courses and more. <https://www.drdansiegel.com>

Mindsight Institute: Founded by Dan Siegel. Provides free resources and listings of workshops and courses. <https://www.mindsightinstitute.com>

Social Emotional Learning

Frey, N., Fisher, D., Smith, D. (2019). *All Learning is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond*. Alexandria, VA: ASCD

Hoerr, T. (2019) *Taking Social-Emotional Learning Schoolwide: The Formative Five Success Skills for Students and Staff*. Alexandria, VA: ASCD

Elias, M., Zins, J., Weissberg, R. (1997). *Promoting Social and Emotional Learning: Guidelines for Educators*-Digital Edition. Alexandria, VA: ASCD

Websites:

Collaborative for Academic, Social and Emotional Learning: Comprehensive website guiding schools through research, best practices and implementation steps.

<https://casel.org>

Lions Quest preK-12 SEL Program, Published by the Lions Clubs International Foundation – CASEL recognized SEL program. Free sample lessons on site. New Mindful Practices Supplement TBA.

<https://www.lions-quest.org>

Collaborative and Proactive Solutions (Ross Greene)

Greene, Ross (2014). *Lost at School: Why our kids with behavioral challenges are falling through the cracks and how we can help them*. New York, NY: Scribner (updated edition)

Greene, Ross (2016). *Lost and Found: Helping behaviorally challenging students (and while you're at it, all the others)*. San Francisco, CA: Jossey-Bass (NOTE: This book provides more instructions and details about the “nuts and bolts” of using Greene’s CPS approach.) It is still helpful to read *Lost at School*.

Websites

Collaborative & Proactive Solutions – CPS Model, Ross Greene

<http://www.cpsconnection.com/CPS-model>

Lives in the Balance Foundation – Collaborative & Proactive Solutions Resources

<https://www.livesinthebalance.org/educators-schools>

Restorative Practices

Costello, B., Wachtel, J. & Wachtel, T. (2019). *The Restorative Practices Handbook for Teachers, Disciplinarians and Administrators*. Bethlehem, PA: International Institute for Restorative Practices

Costello, B., Wachtel, J. & Wachtel, T. (2019). *Restorative Circles in Schools: A Practical Guide for Educators*. Bethlehem, PA: International Institute for Restorative Practices

Smith, D., Fisher, D., & Frey, N. (2017) *Restorative Practices for Positive Classroom Management* Smith. Alexandria, VA: ASCD (Includes IE)

Visible Learning – Mindframes

Hattie, J. & Zierer, K. (2018). *10 Mindframes for Visible Learning: Teaching for Success*. New York, NY: Routledge

Hattie, J. (2017). *Updated list of factors influencing student achievement*. Retrieved at: <https://visible-learning.org/wp-content/uploads/2018/03/VLPLUS-252-Influences-Hattie-ranking-DEC-2017.pdf>

Hattie, J. (2012). *Visible Learning for Teachers: Maximizing Impact on Learning*. New York:NY, Routledge

FLOW

Csikszentmihalyi, Mihaly (1990). *Flow: The Psychology of Optimal Experience*. New York, NY: HarperCollins Publishers

Csikszentmihalyi, Mihaly (1997). *Finding Flow: The Psychology of Engagement with Everyday Life*. New York, NY: Basic Books

Growth Mindset

Dweck, Carol (2006). *Mindset: The New Psychology of Success*. New York, NY: Random House, Inc.

Dweck, Carol (2000). *Self-Theories: Their Role in Motivation, Personality, and Development*. New York, NY: Psychology Press