

Table of Contents

Prologue: About The Documentary (DVD)	1
---------------------------------------	---

Introduction: You First	3
-------------------------	---

Part One: Creating Necessary Conditions	13
---	----

Creating Necessary Conditions: Physical Space	14
---	----

Order and Organization	14	Pictures of Nature	18
Color Coding and Schedule	14	Nature and Animals	18
Limits and Boundaries	15	Sensory Materials	19
A Relatively Quiet Space	16	More Sensory Choices	20
A Safe Place in the Room	17		

Creating Necessary Conditions: Community	26
--	----

Establishing “Ground”	27	Providing Opportunities for Repair	29
Developing a Classroom Community Code	27	Positive Acknowledgement and Encouragement	31
Assigning Roles	28		

Creating Necessary Conditions: Safety	36
---------------------------------------	----

We Ask, “Why?”	36	The Antidote for Punching a Pillow	46
The Antidote for Asking “Why”	37	Mixing Up Resources with Rewards	46
Power Struggles	38	The Antidote for Mixing Up Resources with Rewards	48
The Antidote for Power Struggles	39	More Antidotes: Recognize Unique Success & Competency	50
Time-Out	39	Close Physical Proximity	52
The Antidote for Time-Out	41	Positive Communication with Parents that Emphasizes Strengths	52
Loss of Points/Privileges	41	One Last Necessity for Safety: Please Smile More	53
The Antidote for Loss of Points/ Privileges	42		
Talking	44		
The Antidote for Talking	45		
Punching a Pillow	45		

Part Two: Under Pressure: Understanding Stress & the Brain 58

Guidelines.....	58	Lesson 4: How to Stay in The Zone with Time-Away	78
Lesson 1: The Scales of Justice	64	Lesson 5: Stress in Dr. Peter Levine's "The Stream of Life"	80
"Sixty Seconds"	68	Tool: "Twenty Seconds" For: "Marinading in Mastery, Mirroring, & Time & Space"	84
Bodily Sensations as Resources	69	Tool: "Thirty Seconds" For: Compliance.....	86
Lesson 2: "Sixty Seconds" Explained	70	Lesson 6: The Stress Response	89
Lesson 3: The Zone of Optimum Arousal.....	75		

Part Three: Power Over Pressure: Sensory Awareness for Student Achievement 110

Introduction.....	110	Lesson 17: The Hot Seat	155
Lesson 7: Preparation for More Sensory Activities	112	Lesson 18: Friendship.....	157
Lesson 8: The Inner World of Sensations	115	Lesson 19: I am not Perfect but I am Good at Something	165
Lesson 9: A Safe Place Visualization	125	Lesson 20: Fine-Point Coloring/ Mandalas	171
Lesson 10: Solid Ground.....	129	Lesson 21: What I Believe In	209
Lesson 11: Container/Boundaries Visualization	132	Lesson 22: I Enjoy.....	215
Lesson 12: This is How I Like to be Comforted.....	134	Lesson 23: A Collage	223
Lesson 13: People Care About Me/I Care About People..	137	Lesson 24: Helpful Anger.....	224
Lesson 14: Gratitude	143	Lesson 25: Standing Up.....	231
Lesson 15: Progressive Relaxation (But Don't Call it That!)	147	Lesson 26: Gifts.....	237
Lesson 16: I See, I Hear, I Sense	151	Lesson 27: Outside Me, Inside Me ..	243
		Lesson 28: Three Doors.....	247
		Lesson 29: Visualization for Success..	251
		Lesson 30: Review.....	253

Resources 257

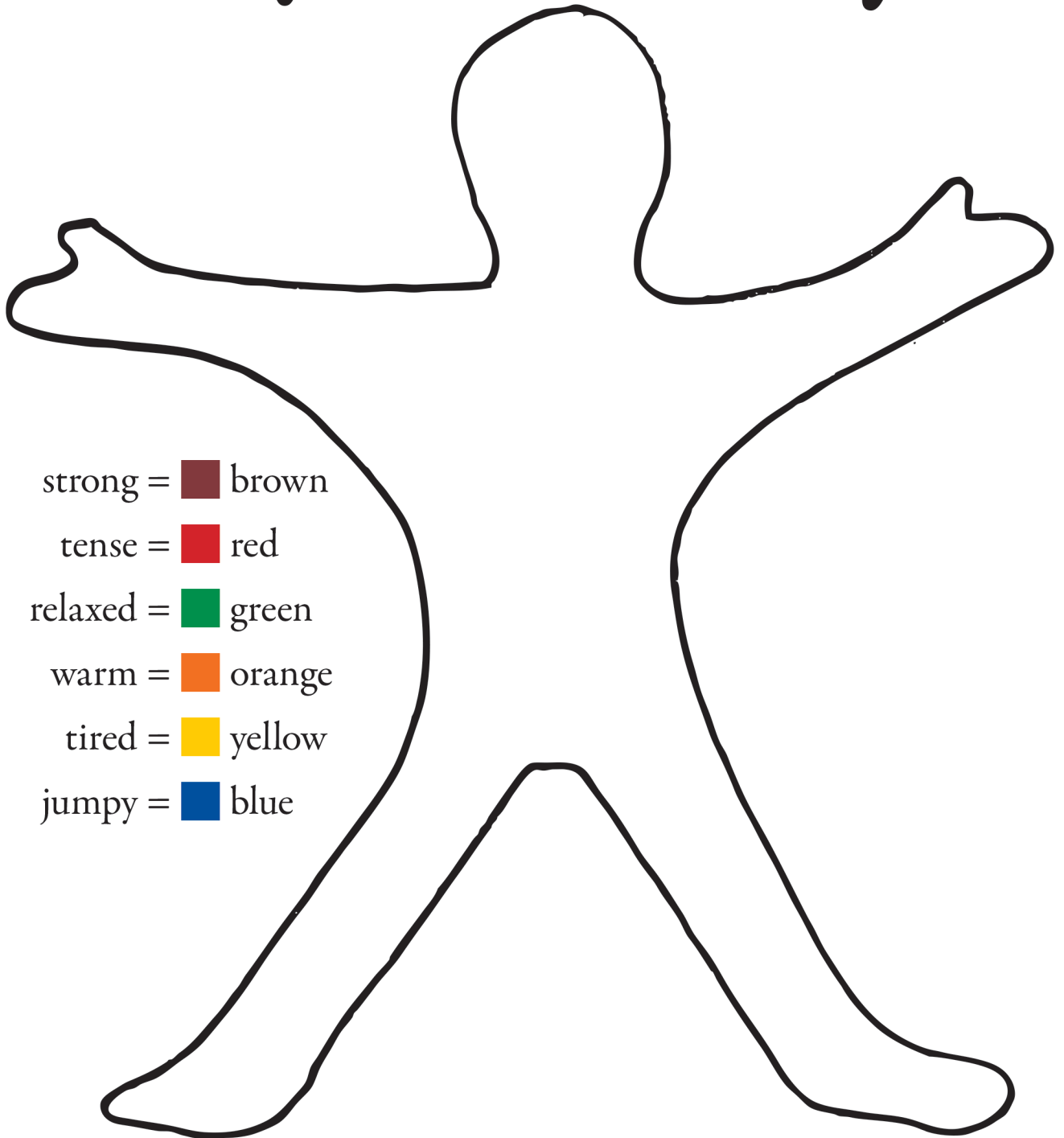
Websites.....	257	Product Links:.....	258
Books	257	Researchers	258
Audio	258	Books & resources by Dr. Melrose ..	260

My Body Right Now

twitchy	sick	smooth
electric	stiff	solid
vibrating	stuck	soft
moving	spinning	pounding
hot	achy	heavy
pressure	sharp	itchy
cold	light	warm
empty	sweaty	open
full	frozen	strong
limp	pulsing	relaxed
weak	flowing	throbbing
prickly	hard	dizzy
numb	butterflies	sore
tight	bubbly	energized
tense	tingling	ticklish
wobbly	shivery	jumpy
calm	still	tired
racing	shaky	dull

Circle the sensations you are feeling inside your body right now.

Sensations are something we feel inside our body.



Where in your body do you notice your sensations?
Choose to focus on where you feel strong, warm, or relaxed.

Rating Scale: Comfortable/Uncomfortable

1	2	3	4	5	6	7	8	9	10
Comfortable Relaxed					A little tight or uncomfortable				Very Tense

Rate from 1 to 10 how tight or tense
you feel right now?