

Neurodiversity, Self-Awareness and the Need to Belong

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S.M.I.L.E. Approach To Seeing Behavior Differently, Beginning Within Yourself

S: Share your story and be vulnerable

M: Mindfulness Helps ALL of Us...Breathe for Mental Well Being

I: Identify Strengths and Interests, Including your own

L: Let Go of Fear, Judgement, Worry, Loss

E: Empathy + Emotion = Trusting Compassionate Relationships

Essential for a Wholehearted Life and Learning

S.M.I.L.E. Resources

Story: Autism, FASD, Neurodiversity

- Trying Differently Rather Than Harder, Diane Malbin (FASD)
- www.fascets.org (FASD organization focus on Neurobehavioral approach)
- Making Sense of the Madness, An FASD Survival Guide, Jeff Noble
- Fetal Alcohol Syndrome Forever With Jeff Noble (Facebook Group)
- www.brenebrown.com (vulnerability)
- The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain, Thomas Armstrong
- The Power of the Adolescent Brain, Thomas Armstrong
- NeuroTribes, Steve Silberman
- The Autism Discussion Page, Bill Mason (has Facebook Group also)
- www.aspergerexperts.com (Have Facebook Group also)
- Mind, Brain, and Education: Neuroscience Implications for the Classroom, David A. Sousa
- Livesinthebalance.org (Ross Greene)

Mindfulness:

- Jon Kabat-Zinn: www.mindfulnesscds.com
- Greatergood.berkeley.edu
- www.mindful.org
- <https://www.mindful.org/breath-brains-remote-control/>
- <https://youtu.be/6YbWRqsnHdo> (Mental Health Video)
- Mind, A Journey to the Heart of Being Human, Daniel J Siegel
- Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education, Thich Nhat Hahn
- <http://mindfulnessforteens.com/resources/resources-for-mindfulness/>
- <https://centerhealthyminds.org/> UW-Madison
- <https://www.breatheforchange.com/our-trainings/madison-wi/madison-summer-2018>
- The Neuroscience of Mindfulness, Dr Stan Rodski

Immerse in Strength and Interest:

- www.institute4learning.com (Strength and Interest Survey)
- Neurodiversity in the Classroom: Strength-Based Strategies to Help Students with Special Needs Succeed in School and Life, Thomas Armstrong
- The Artist's Way, Julia Cameron (Discovering the artist within, journaling)

Letting Go...

- www.courageworks.com
- Daring Greatly, Brene Brown
- Rising Strong, Brene Brown
- Braving the Wilderness, Brene Brown
- <https://www.youtube.com/watch?v=DVD8YRgA-ck> Brene presentation on Daring Classrooms
- The Grief Recovery Handbook, John W. James & Russell Friedman
- http://nautil.us/issue/58/self/unhappiness-is-a-palate_cleanser
- <https://youtu.be/-YB9eJjBtkE> (4 Ways to rid Anxiety)

Empathy, Emotion, and Education

- Emotional Alchemy, Tara Bennett, Goleman
- Emotional Intelligence, Daniel Goleman
- The Relationship Cure, John M Gottman, PH.D
- The Emotional Life of Your Brain, Richard Davidson, Sharon Begley
- The Social Neuroscience of Education, Louis Cozolino
- Emotions, Learning and the Brain, Mary Helen Immordorino-Yang
- Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness, Rick Hanson
- The Happiness Curve, Why Life Gets Better After 50, Jonathan Rauch
- Social, Why Are Brains Are Wired To Connect, Matthew D. Lieberman

S.H.I.F.T. Your Mindset

Speak vulnerably **and** use self compassion

Happiness comes from within

Identify your strengths, interests, needs

Find the hope, joy, kindness, gratitude in each day

Take time to play, laugh, and be compassionate

*All views expressed in this presentation
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