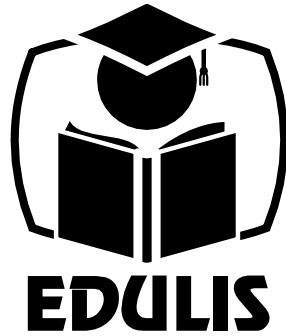


# STRESS : LEARNER



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Compiled by Edna Böhmer, November 2016.

152.46 FRA Frank, K.  
**The handbook for helping kids with anxiety and stress.** 2008

DV 155.24 BUI  
**Building resilience.** 2008  
*1 DVD (22 min.)*  
*1 Set of support notes*

155.4092 NAI Naik, A.  
**Beat stress! : the exam handbook.** 2009

155.512 FOR Ford, J.  
**Surviving the roller coaster : a teen's guide to coping with moods.** 2005

155.518 ESH Esherick, J.  
**Balancing act : a teen's guide to managing stress.** 2005

155.518 MCN McNamara, S.  
**Helping young people to beat stress.** 2005

M 155.518 RAE Rae, T.  
**Managing stress : a comprehensive programme to support young people.** 2010  
*1 Book ; 1 CD-ROM*

DV 155.518 STR  
**Stress.** 2008  
*1 DVD (20 min.)*

155.9042 AAR Aaron, B.  
**Keep your cool : how to deal with life's worries and stress.** 2014

378.170281 PRI Price, G.  
**Effective study skills.** 2007

616.8527 BIN Bingham, J.  
**Stress and depression.** 2008

616.9289142 SEI Seiler, L.  
**Cool connections with cognitive behavior therapy : encouraging self-esteem, resilience and well-being in children and young people using CBT approaches.** 2008

618.928521 COH Cohen, J.  
**Treating trauma and traumatic grief in children and adolescents.** 2006

618.928521 CRE  
**Creative intervention with traumatized children.** 2008

618.9289 KAU Kaufman, J.M.  
**Characteristics of emotional and behavioral disorders of children and youth.** [2013]

618.92891656 SAI St Thomas, B.  
**Empowering children through art and expression : Culturally sensitive ways of healing trauma and grief.** 2007

790.1922 BAR Bartle, A.  
**101 relaxation games for children : finding a little peace and quiet in between.** 2008

790.2019 PAR Pargman, D.  
**Managing performance stress : models and methods.** 2006

372.146 MAH Mah, R.  
**The one-minute temper tantrum solution : strategies for responding to children's challenging behaviors.** 2008

M 372.146 MOR Moreton, E.  
**Stillpoints for children : guided relaxation, meditation and visualization.** 2012  
*1 Booklet ; 1 CD-ROM*

372.146 OEH Oehlberg, B.  
**Making it better : activities for children living in a stressful world.** 2014

372.146 PET Peterson, K.L.  
**Helping them heal : how teachers can support young children who experience stress and trauma.** 2014

372.146 PLU Plummer, D.  
**Focusing and calming games for children : mindfulness strategies and activities to help children relax, concentrate and take control.** 2012

372.146 PLU Plummer, D.  
**Helping children cope with change, stress and anxiety : a photocopiable activities book.** 2010

372.86044 CLA Clancy, M.E.  
**Active bodies, active brains : building thinking skills through physical activity.** 2006

373.12914 RAE Rae, T.  
**Supporting successful transition from primary to secondary school: a programme for teachers.** 2014

155.9042 BAI Bailey, R.V.  
**MasterStress : a professional resource for assessing and managing stress.** 2010

155.9042 BAL Balick, A.  
**Keep your cool : how to deal with life's worries and stress.** 2014

155.9042 BIC Bickerstaff, L.  
**Stress.** 2007

155.9042 CLA Clark, T.  
**A guys' guide to stress. A girls' guide to stress.** 2008

DV 155.9042 HAN  
**Handling stress.** 2006

155.9042 HAR Harnon, D.E.  
**Frequently asked questions about overscheduling and stress.** 2010

155.9042 HAW Hawn, G.  
**10 mindful minutes : giving our children—and ourselves—the social and emotional skills to reduce stress and anxiety for healthier, happier lives.** 2012

155.9042 TUM Tummers, N.  
**Stress management : a wellness approach.** 2013

DV 158.1 COP  
**Coping with change.** 2006 *1 DVD (30 min.)*

302.14076 PRY Pryce, T.  
**Circle time sessions for relaxation and imagination.** 2007

332.024 ROS Ross, N.  
**Debt stress : teen budgeting.** 2004

362.2083 GRE Greenwald, R.  
**Child trauma handbook : a guide for helping trauma-exposed children and adolescents.** 2005

370.15 MIN Minton, S.J.  
**Using psychology in the classroom.** 2012

370.1523 PHI Philip, R.  
**Engaging `tweens and teens : brain-compatible approach to reaching middle and high school students.** 2007

370.153 ALT Altiero, J.  
**No more stinking thinking : a workbook for teaching children positive thinking.** 2006

370.153 CLA Clark, A.  
**Practical ideas for emotional intelligence.** 2007

370.153 EDU  
**The educator's guide to emotional intelligence and academic achievement : social-emotional learning in the classroom.** 2006

M 370.153 HEA Heaven, B.  
**Emotional health and wellbeing.** 2008  
*1 CD-ROM*

M 370.153 MIN  
**The MindUp curriculum. Grades Pre-K-2.** [2011]  
*1 Book ; 1 Poster*  
*Separate sets for grades 3-5 and 6-8 available*

370.157 BRO Brown, C.C.  
**The vision within : a practical introduction to creative visualization for use in the classroom.** 2010

371.5 MAR Marshall, M.  
**Discipline without stress, punishments or rewards : how teachers and parents promote responsibility and learning.** 2001

371.713 CRI  
**Crisis counseling, intervention and prevention in schools.** 2013

371.782 DEA De Anda, D.  
**Violence prevention manual : a cognitive behavioral program for creating a positive school climate.** 2007

371.93 SCHU Schultz, J.J.  
**Nowhere to hide : why kids with ADHD and LD hate school and what to do about it.** 2011

371.94 OEH Oehlberg, B.  
**Reaching and teaching stressed and anxious learners in grades 4-8 : strategies for relieving distress and trauma in schools and classrooms.** 2006

372.11024 BRO Brownhill, S.  
**Taking stress out of bad behavior : behavior management of 3-11 year olds.** 2007

372.11024 GRE Greene, L.J.  
**Helping students fix problems and avoid crises : an easy-to-use intervention resource for grades 1-4.** 2005