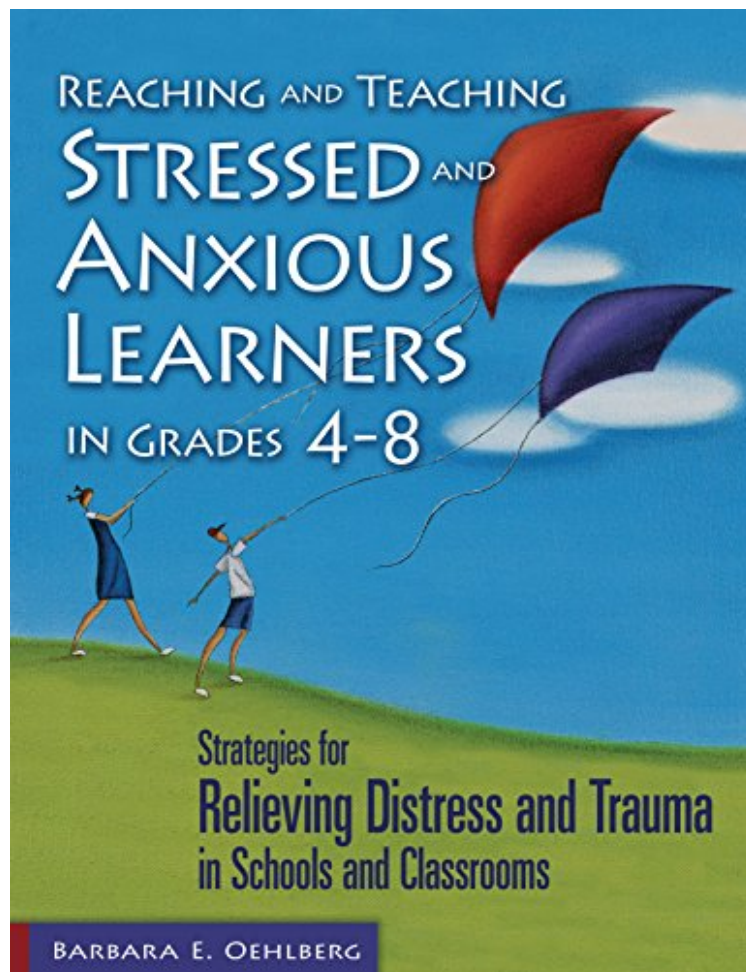


[PDF] Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms

## Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms

Barbara E. Oehlberg

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**Barbara E. Oehlberg : Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms** before purchasing it in order to gage whether or not it would be worth my time, and all praised Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms:

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Trauma and stress can interfere with students' cognitive skills. Discover how classroom activities can be used to restore feelings of safety, empowerment, and well-being.

This book will help the teacher create a classroom in which all students feel safe, where they can learn to express themselves in appropriate ways, and where they may develop trusting relationships with adults. The purposes of schooling are important and the meaning of learning is profound, but without a safe place to be, the heart of the child cannot be touched and the power of education to transform lives and our world is not possible. What lies within each child is the key to the future. --Susan G. Clark "From the Foreword" "An 'aroused' child, a child in distress, will experience problems with attending, focusing, retaining, and recalling information--all critical functions. Oehlberg's book provides a wealth of activities that can actually reduce arousal/anxiety in children which research has clearly shown can lead to healthier cognitive functions as well as behavioral stability. This should be a mandated resource for all schools."--William Steele, MA, PsyD, Director (03/01/2005)"Reaching and Teaching Overstressed Learners in Grades 4-8 links sound neurological research with practical activities for educators and youth workers. Oehlberg expands our focus of attention about why young people are not learning. The activities she proposes are conducive to creating a safe climate where young people feel they belong and it is safe to learn."--Martha de Acosta, Ph.D., Director (02/01/2005)"Having knowledge of loss, stress and anxiety experienced by our children offers those of us who interact with them an opportunity to respond with sensitivity and reflective action. Barbara Oehlberg not only identifies the issues, but also provides activities that can help us gain greater insight into the child's world and provide opportunities for empowerment and healing."--Susan Ross, SAVE Coordinator Coordinator of Health Services (02/25/2005)"Neglect, abuse, violence, and homelessness have altered the way many of our children relate to each other, their families, and school communities. Through her examination of the neurological research and brain development literature, Oehlberg helps illuminate our understanding of the root causes of our students' lack of attention and destructive behaviors...With the wisdom in this important work, we can help our children develop new strategies for successful living in a stressful world."--Stephen Canneto, Director (02/02/2005)"(The author) shares her message of hope and healing through an understanding of the impact of trauma, stress and loss on young children. Once we begin to accept and metabolize the research (on) changes that can occur in the developing brain when under stress and trauma, we can begin to address the many behavioral issues and challenges that we face in raising and teaching our children."--Nacie T. Arnold, Youth Services Coordinator (03/16/2005)"An 'aroused' child, a child in distress, will experience problems with attending, focusing, retaining, and recalling information--all critical functions. Oehlberg's book provides a wealth of activities that can actually reduce arousal/anxiety in children which research has clearly shown can lead to healthier cognitive functions as well as behavioral stability. This should be a mandated resource for all schools."--William Steele, MA, PsyD, Director (03/01/2005)"Reaching and Teaching Overstressed Learners in Grades 4-8 links sound neurological research with practical activities for educators and youth workers. 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Clark "From the Foreword " "An prime;arousedprime; child, a child in distress, will experience problems with attending, focusing, retaining, and recalling information--all critical functions. Oehlbergprime;s book provides a wealth of activities that can actually reduce arousal/anxiety in children which research has clearly shown can lead to healthier cognitive functions as well as behavioral stability. This should be a mandated resource for all schools." (William Steele, MA, PsyD, Director 2005-03-01)"Reaching and Teaching Overstressed Learners in Grades 4-8 links sound neurological research with practical activities for educators and youth workers. Oehlberg expands our focus of attention about why young people are not learning. The activities she proposes are conducive to creating a safe climate where young people feel they belong and it is safe to learn." 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Since retirement, Barbara has become an avid reader of neurological research and has become certified as a Child Trauma Consultant by the Institute for Trauma; Loss in Children She serves on their Board of Advisors. She has authored another book on classroom transformation of stress, preschool to grade three. Making it Better:Activities for Children Living in a Stressful World, was published in 1996. Barbara teaches CEU courses for educators through Kent State and Ashland Universities She serves as a consultant for Ohiosquo;s Commission on Dispute Resolution and Conflict Management and provides inservices to Ohiosquo;s schools. She can be reached at b.oehlberg@ameritech.net.