



Self-Regulation Reference List

Title	Author	Date of Publication
Promoting Executive Function in the Classroom	Lynn Meltzer	2010
Calm, Alert, and Learning	Stuart Shanker	2013
Mind in the Making	Ellen Galinsky	2010
The Zones Of Regulation	Leah Kuypers	2011
Early Years Study 2	Margaret McCain, J. Fraser Mustard, Stuart Shanker	2007
The Mind Up Curriculum		2011
1 2 3 Kindergarten	Barbara Allison	2010
The Secret of Play	Ann Pleshette Murphy	2008
The Power of Play	David Elkind	2007
Play	Stuart Brown	2009
Simplicity Parenting	Kim John Payne	2009
The Emotional Life of Your Brain	Richard Davidson	2012
A Volcano in My Tummy	Eliane Whitehouse	1996