

## Embodied Developmental Activities: Somatic Attention for Engagement and Self-Regulation

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In addition to the references listed on the poster, the following are selected additional resources for somatic and movement awareness that may be useful for developmental scholars:

Baniel, A. (2009). *Move into life*. New York: Harmony (Random House).

Doidge, N. (2015). *The brain's way of healing*. New York: Viking.

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Griss, S. (1998). *Minds in motion*. Portsmouth, NH: Heinemann.

Hannaford, C. (2005). *Smart moves: Why learning is not all in your head*. Salt Lake City, UT: Great River Books.

Kerr, C. E., Sacchet, M. D., Lazar, S. W., Moore, C. I., & Jones, S. R. (2013). Mindfulness starts with the body: Somatosensory attention and top-down modulation of cortical alpha rhythms in mindfulness meditation. *Frontiers in Human Neuroscience*, 7, doi: 10.3389/fnhum.2013.00012

Lengel, T., & Kuczala, M. (2010). *The kinesthetic classroom: Teaching and learning through movement*. Thousand Oaks, CA: Corwin (SAGE).

Schuyler, K. G. (2013). From the ground up: Revisioning sources and methods of leadership development. In L. R. Melina et al. (Eds.), *The embodiment of leadership* (pp. 239-257). San Francisco, CA: Jossey-Bass.

Shafarman, S. (1997). *Awareness heals: The Feldenkrais Method for dynamic health*. New York: Perseus (HarperCollins).

Shelhav, C. (1995). Movement as a model of learning. *The Feldenkrais Journal*, 10, 21-33.

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