

Resource Guide for “Unlocking the Teenage Brain”

Websites/Blogs/Articles

- Anger, Impulsivity, Sleep & Teens: The Serotonin Connection
 - <https://evolvreatment.com/blog/anger-impulsivity-sleep-serotonin/>
- Fostering Positive Social Interactions (SCARF for young people)
 - <https://thrivingwithadhd.com.au/fostering-positive-social-interactions/>
- Coaching Teens to Recognize and Manage Emotions. *(this website has a great video as well as a worksheet)*
 - <https://www.cdc.gov/parents/essentials/teens/coaching-emotions.html>
- The Teen Brain: 7 things to know.
 - <https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know#:~:text=Research%20shows%20that%20the%20sleep,struggle%20with%20waking%20up%20early.>
- What neuroscience tells us about the teenage brain.
 - <https://www.apa.org/monitor/2022/07/feature-neuroscience-teen-brain.>
- SCARF: A brain-based model for collaborating with and influencing others.
 - [https://schoolguide.casel.org/uploads/sites/2/2018/12/SCARF-NeuroleadershipArticle.pdf.](https://schoolguide.casel.org/uploads/sites/2/2018/12/SCARF-NeuroleadershipArticle.pdf)

Books

- Brain Hacks: Life-Changing Strategies to Improve Executive Functioning by Lara Honos-Webb, PhD
- Atlas of the Heart by Brene Brown

Movies to Watch

- Inside Out (Pixar) *the sequel will be released this summer*
- Turning Red (Pixar)