S.M.I.L.E.
An approach to S.H.I.F.T. your mindset and become self-aware!
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S.M.I.L.E. Resources
www.openupyoursoul.com (blog)

Story: Autism, FASD, Neurodiversity
- www.brenebrown.com (vulnerability)
- The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain, Thomas Armstrong
- Livesinthebalance.org (Ross Greene)

Mindfulness:
- Jon Kabat-Zinn: www.mindfulnesscds.com
- Greatergood.berkeley.edu
- https://centerhealthyminds.org/ UW-Madison

Immerse in Strength and Interest:
- www.institute4learning.com (Strength and Interest Survey)
- Neurodiversity in the Classroom: Strength-Based Strategies to Help Students with Special Needs Succeed in School and Life, Thomas Armstrong
- The Artist’s Way, Julia Cameron (Discovering the artist within, journaling)

Let it go, Fear, Worry, Judgement, Loss and Grief...
- Daring Greatly, Brene Brown
- Rising Strong, Brene Brown
- Braving the Wilderness, Brene Brown

Empathy, Emotion, and Education
- Emotional Alchemy, Tara Bennett, Goleman
- Emotional Intelligence, Daniel Goleman
- The Emotional Life of Your Brain, Richard Davidson, Sharon Begley

Presentation Videos:
https://youtu.be/DgGFrId-IQg (Shame and Guilt)
https://youtu.be/cJzcdeEaOBA (Mindfulness)