

The Writing Way: Mindful Writing for ELLs

Sources

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- 2 **Pennebaker, J. W.**, & Evans, J. F. (2014). *Expressive writing: Words that heal*. Idyll Arbor.
- 3 **Ferlazzo, L.** (2010). "English Language Learners and the Power of Personal Stories."
http://learning.blogs.nytimes.com/2010/06/10/english-language-learners-and-the-power-of-personal-stories/?_r=0
- 4, 7, 10 **Mraz, K., & Hertz, C.** (2015). *A mindset for learning: Teaching the traits of joyful, independent growth*. Heinemann.
- 5 **Cuddy, A.** (2015). *Presence: Bringing Your Boldest Self to Your Biggest Challenges*. Little, Brown.
- 6, 9 **Creswell, J.D.**
"Helping the self help others: self-affirmation increases self-compassion and pro-social behaviors," 2005, *Psychological Science*.
"Affirmation of personal values buffers neuroendocrine and psychological stress responses." 2014, *Frontiers in Psychology*.

Additional Resources

- Adams, K., ed. (2013). *Expressive Writing: Foundations of Practice*. R&L Education.
- Jacobs, R. (2010). *The Way In: Journal Writing for Self-Discovery*. SHARMOR Editions.
- Mazur, A. J., & Doran, P. R. (2010). *Teaching diverse learners: Principles for best practice*. Corwin.
- Troia, G. A. (2009). *Instruction and assessment for struggling writers: Evidence-based practices*. Guilford Press.

e-Books

- Zimmerman, B. (2015). Something to Write About: Writing Prompts for English Language Learners and Literacy Students. <http://www.makebeliefscomix.com/downloads/eBooks/Something-To-Write-About.pdf>

Links

- Gonchar, M. (2014, November 13). 500 Prompts for Narrative and Personal Writing. Retrieved from <http://learning.blogs.nytimes.com/2014/11/13/500-prompts-for-narrative-and-personal-writing/>
- Morrow, D. (2015). Writing and Healing Prompts. <http://writingandhealing.org/writing-and-healing-prompts>
- Parker Pope, T. (2015, January 19). Writing Your Way to Happiness. http://well.blogs.nytimes.com/2015/01/19/writing-your-way-to-happiness/?_r=0