



# **Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms**

*Barbara E. Oehlberg*

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This important new resource helps educators understand how trauma and stress interfere with cognitive skills, and how classroom and school activities can be used to restore feelings of safety, empowerment, and well-being.

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