

Managing Stress to Improve Learning Resources

compiled by Lenore Balliro

Chronic Stress and Trauma, General

American Psychological Association (2012). *Stress in America: Our Health at Risk*. Washington, DC: APA. <http://www.apa.org/news/press/releases/stress/2011/final-2011.pdf>

American Psychological Association (2010). *Stress in America: Findings*. Washington, DC: APA. <http://www.apa.org/news/press/releases/stress/national-report.pdf>

Herman, J. (1997). *Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror*. New York: Basic Books.

Lambert, K. (2006). "Rising Rates of Depression in Today's Society: Consideration of the Roles of Effort-Based Rewards and Enhanced Resilience in Day-to-Day Functioning." *Neuroscience and Biobehavioral Reviews*, 30(4): 497-510.

Mollica, R.F. (2006). *Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World*. Orlando, FL: Harcourt.

Mollica, R. (2011) *Demystifying Trauma: Sharing Pathways to Healing and Wellness*. Transcript of teleconference. <http://www.promoteacceptance.samhsa.gov/teleconferences/archive/default.aspx>.

National Institute of Neurological Disorders and Stroke. *Know Your Brain*. Bethesda, MD: National Institutes of Health. Retrieved from http://www.ninds.nih.gov/disorders/brain_basics/know_your_brain.htm

National Center for Trauma-Informed Care: www.samhsa.gov/nctic/
From the website: "Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. NCTIC facilitates the adoption of trauma-informed environments in the delivery of a broad range of services including mental health, substance use, housing, vocational or employment support domestic violence and victim assistance, and peer support."

Dykema, R. (2006). *How Your Nervous System Sabotages Your Ability to Relate: An Interview With Stephen Porges About His Polyvagal Theory*.
http://www.nexuspub.com/articles_2006/interview_porges_06_ma.php

Stress, Trauma, and Learning

Adkins, M.A. (1999). *Mental Health and the Adult Refugee: the Role of the ESL Teacher*. Washington, DC: National Clearinghouse for ESL Literacy Education. Retrieved from http://www.cal.org/caela/esl_resources/digests/mental.html

Adkins, M.A. (2000). *Tips for Teachers During Times of Trauma*. Denver, CO: Spring Institute for International Studies. Retrieved from www.springinstitute.org/Files/traumatips.pdf

Adkins, M.A., Birman, D., Sample, E., Brod S. & Silver, M. (1999). *Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities*. Denver, CO: Spring Institute for International Studies.

Blanch, A., Filson, B., & Penney, D. (in press). *Engaging Women Trauma Survivors in Peer Support: A Guidebook*. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Administration, National Center for Trauma-Informed Care.

Battell, E., Hornstein, S., Horsman, J., et al. (2008). *Moving Research about Addressing the Impact of Violence on Learning into Practice*. Edmonton, AB: Windsound Learning Society.

Carlson, D. "Introduction: Social–Emotional Learning and Resolving Cohen’s Paradox." *Reading & Writing Quarterly*, 27:1–4, 2011

The Change Agent: Adult Education for Social Justice (2009) *Health: the Big Picture*. Boston: World Education, Inc. (This issue contains many articles about stress written by adult learners and provides classroom activities.
<http://nelrc.org/managingstress/CA%2028%20whole%20issue.pdf>

Childs-Gowell, E. (1992). *Good Grief Rituals: Tools for Healing*. Barrytown, NY: Station Hill Press.

Dutro, E. (2008). *Writing Wounded: Trauma, Testimony, and Critical Witness in Literacy Classrooms*. <http://ebookbrowse.com/>

Emerson, D. et al. (2011). *Overcoming Trauma through Yoga: Reclaiming Your Body*. Berkeley, CA: North Atlantic Books.

Haddock, S., Ross, P. & Hofer, J. (1998). *Together We Bloom: Women Speaking Out Against Domestic Violence*. Greenfield, MA: The Literacy Project.

Henderson, N. (2007). *Resiliency in Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*. Solvang, CA: Resiliency in Action.

Horsman, J. (1999). *Too Scared to Learn: Women, Violence and Education*. Mahwah, NJ: Lawrence Erlbaum.

Horsman, J. (1997). *But I'm Not a Therapist: Furthering Discussion about Literacy Work with Survivors of Trauma*. Toronto: ON: [the author]. Retrieved from <http://www.jennyhorsman.com>

International Institute of Boston. (2000). *Mental Health and the ESL Classroom: a Guide for Teachers Working With Refugees*. Boston, MA: International Institute. Retrieved from <http://www.refugees.org/resources/for-refugees--immigrants/health/mental-health/mental-health.html>

Al-Issa, I. (1998). "Culture and Anxiety Disorders." In *Cultural Clinical Psychology: Theory, Research, and Practice*.
<http://site.ebrary.com.ezproxy.lib.umb.edu/lib/umass/docPrint.action?encrypted=318d76380>

Isserlis, J. (2002). Trauma and the Adult English Language Learner. Washington, DC: National Clearinghouse for ESL Literacy Education. <http://www.eric.ed.gov/>

Kerka, S. (2002). *Trauma and Adult Learning*. Columbus, OH: Ohio State University, Clearinghouse on Adult, Career and Vocational Education. Retrieved from <http://www.eric.ed.gov/>

Morrish, E., Horsman, J. & Hofer, J. (2002). *Take On the Challenge: A Sourcebook from the Women, Violence, and Education Project*. Boston, MA: World Education.

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Rowe, K.P. (2007). *A Settled Mind: Stress Reduction for the Classroom and Beyond*. Raymond, ME.: Five Seeds.

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<http://content.govdelivery.com/bulletins/gd/USSAMHSA-20ee1c>

Siegel, P. et al (2005). Reducing the Tendency to Self-Handicap: The Effect of Self-Affirmation. *Journal of Experimental Social Psychology* 41 (2005) 589–597.
www.elsevier.com/locate/jesp

Sitler, H.C. (2009). “Teaching with Awareness: The Hidden Effects of Trauma on Learning.” *The Clearinghouse*, 82(3): 119-124.

Sherman, D. et al. (2006) The Psychology of Self-Defense: Self-Affirmation Theory. Retrieved from http://www.psych.ucsb.edu/~d_sherma/advances.final.pdf

Stone, N. (1995). “Teaching ESL Survivors of Trauma.” *Prospect*, 10(3): 49-58.

Training Place. (2010). *The Impact of Stress on Learning*. Oro Valley, AZ: The Training Place. Retrieved from <http://www.trainingplace.com/source/stress.html>

The Brain

The National Institute of Neurological Disorders and Stroke. (2010) *Know Your Brain: Brain Basics*. (2010). PDF file in full color available at
http://www.ninds.nih.gov/disorders/brain_basics/know_your_brain.htm

Asbury, C. ed. (2008). *Learning, Arts, and the Brain*. New York: Dana Press.
<http://www.wjh.harvard.edu/~lds/pdfs/DanaSpelke.pdf>

Stress Shrinks the Brain and Lowers Our Ability to Cope with Adversity
<http://healthland.time.com/2012/01/09/study-stress-shrinks-the-brain-and-lowers-our-ability-to-cope-with-adversity/#ixzz1wOM8l7sZ>

Weisel, L (2007). *Emotions Are the Core to Learning*
<http://www.mckaycoalition.com/membersonlymedia/Emotions.pdf>

Refugees and Refugee Health

Bhutanese Refugee Support Group. *Bhutanese: The Story of a Forgotten People*
<http://www.photovoice.org/bhutan/timeline.php>

Fadiman, A. (1998). *The Spirit Catches You and You Fall Down. A Hmong Child, Her American Doctors, and the Collision of Two Cultures*. New York: Farrar, Strauss and Giroux.

Harvard Program in Refugee Trauma: <http://hpert-cambridge.org/>

From website: HPRT “is a multi-disciplinary program that has been pioneering the health and mental health care of traumatized refugees and civilians in areas of conflict/post-conflict and natural disasters for over two decades.”

Murray, K.E., Davidson, G.R., & Schweitzer, R.D. (2010). “Review of Refugee Mental Health Interventions Following Resettlement: Best Practices and Recommendations.” *American Journal of Orthopsychiatry*, 80(4): 576–85.

Office for Refugee Resettlement, US Department of Health and Human Services.

<http://www.acf.hhs.gov/programs/orr/>

Refugee Backgrounders: www.cal.org/topics/ri/backgrounders.html#2

Website provides a brief introduction to the history, culture, and resettlement needs of a refugee population.

Refugee Health Technical Assistance Center: <http://www.refugeehealthta.org/refugee-basics/>

From website: “The Refugee Health Technical Assistance Center (RHTAC) provides tools, resources, and support for health and mental health providers in order to better meet the needs of refugees in resettlement.”

Emotions and Learning

Dirkx, J.M. (2006). “The Meaning and Role of Emotions in Adult Learning.” *New Directions for Adult and Continuing Education*, 120: 7-18.

Dirkx, J.M. (2006). “Engaging Emotions in Adult Learning: A Jungian Perspective on Emotion and Transformative Learning.” *New directions for Adult and Continuing Education*, 109:15-26.

Dirkx, J.M. (2001). “The Power of Feelings: Emotion, Imagination, and the Construction of Meaning in Adult Learning.” *New Directions for Adult and Continuing Education*, 89: 63-72.

Goleman, D. (2005). *Emotional Intelligence: Why it can Matter More Than IQ*. New York: Bantam Books.

Goleman, D. (2011) *The Brain and Emotional Intelligence: New Insight*. Florence, MA: More Than Sound Publishing Company.

Goleman, D. (2011). Podcast: *New Insights on Emotional Intelligence*. Retrieved from

<http://podcast.mwmclaughlin.com/podcasts/daniel-goleman/>

Horowitz, S. (2008). "Evidence-Based Health Outcomes of Expressive Writing." *Alternative and Complementary Therapies*, 14(4): 194-98.

Lawrence, R.L. (2008). "Powerful Feelings: Exploring the Affective Domain of Informal and Arts-Based Learning." *New Directions for Adult and Continuing Education*, 120: 65-77.

Nelis, D. et al.(2011). "Increasing Emotional Competence Improves Psychological and Physical Well-Being, Social Relationships, and Employability." *American Psychological Association*, Vol. 11, No. 2, 354–366.

Poole, D. (2010). *The Pathway Home Makes Inroads in Treating PTSD*.
<http://www.smithsonianmag.com/people-places/Learning-How-to-Treat-PTSD.html>

Weisel, L (2007). *Emotions Are the Core to Learning*. (Power point presentation)
<http://www.mckaycoalition.com/membersonlymedia/Emotions.pdf>

Weisel, L.(2010). *Emotions Impact Learning*. (Archived video webinar). National Association for Adult With Special Learning Needs
<http://shop.naasln.org/product.sc?productId=24&categoryId=3>

The Arts, Learning, and Mental Health

Arts and Democracy Project

"The Arts & Democracy Project builds the momentum of a growing movement that links arts and culture, participatory democracy, and social justice. We support cultural organizing and cross-sector collaborations, raise the visibility of transformative work, cross-pollinate cultural practitioners with activists, organizers, and policymakers, and create spaces for reflection. "

<http://www.statevoices.org/artsdem>

Asbury, C. ed. (2008). *Learning, Arts, and the Brain*. New York: Dana Press.

<http://www.wjh.harvard.edu/~lds/pdfs/DanaSpelke.pdf>

Barndt, D. (2006). *Wildfire: Art as Activism*. Georgetown, Ontario, Canada: Sumach Press.

Harvard University. (2008). *Report on the Task Force on the Arts*.

http://www.provost.harvard.edu/reports/ArtsTaskForce-Report_12-10-08.pdf

National Center for Creative Aging. (2011). *Creativity Matters: The Arts and Aging Toolkit*.

<http://artsandaging.org/index.php>

Patterson, M. and S. Perlstein. (2011). "Good for the Heart, Good for the Soul: The Creative Arts and Brain Health in Later Life." *Journal of the American Society on Aging*. Vol. 35. No. 2 | 27.

Supply Sources

Office Playground

<http://www.officeplayground.com/>

This site has some cool things to "fiddle" with.

Oriental Trading Company: <http://www.orientaltrading.com/>

Blick Art Supplies: <http://www.dickblick.com/>

Craigs List: Craigs List has a "free" section and a "wanted" section. Ask for the supplies you need for your classroom or scan the free section. www.craigslist.org

EXCL Recycling Center (Extras for Creative Learning) This center serves Massachusetts. Look for recycling centers for art supplies in your area. <http://www.exclrecycles.org/>

The Freecycle Network. Once you join Freecycle, you can post requests for supplies you need for your classroom. People on Freecycle are often very happy to see their extra stuff go to good use. <http://www.freecycle.org/>

Stress Management in the Classroom – Practical Matters

Brain Gym International: <http://www.braingym.org/>

Brain Gym YouTube Videos

<http://www.youtube.com/watch?v=U44mPXEBdA>

<http://www.youtube.com/watch?v=dPHzEWO1vrc>

http://www.youtube.com/watch?v=Y_Y0bD7i3TY

Butler-Ross, N. & Sulb, M. (2001). *Meditation Express: Stress Relief in 60 Seconds Flat*. Lincolnwood, IL: Contemporary Books.

Emerson, D., & E. Hopper. (2011). *Overcoming Trauma through Yoga: Reclaiming Your Body*. Berkeley, CA: North Atlantic Books.

- Ford, J., Knight, J., & McDonald-Littleton, E. (2001). "Stress Management." *Learning Skills*. Knoxville: University of Tennessee, Center for Literacy Studies. Retrieved from www.cls.utk.edu/pdf/ls/Week3_Lesson22.pdf
- Gardiner, P. (2010). *Yoga at the Kitchen Sink: Standing & Chair Yoga Poses for Seniors & Their Friends*. Arlington: MA: [the author] Retrieved from www.yogaandseniors.com/sample.
- Harris, Rachel. (2000). *20-Minute Retreats: Retrieve Your Spirits in Minutes a Day with Simple, Self-Led Exercises*. New York: Henry Holt.
- Henderson, N., Benard, B., & Sharp-Light, N. (2007). *Resiliency in Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*. Ojai, CA: Resiliency in Action.
- Hutchinson, A. (2007). *Mystical Mandala Coloring Book*. Mineola, NY: Dover.
- Jacobs, M. (2003). "Helping Adult Learners Handle Stress." *Field Notes*, 13(1): 5-8. Retrieved from <http://sabes.org/resources/publications/fieldnotes/vol13/f131jacobs.htm>
- Murphy, J. (2008). *Move the Body, Stretch the Mind: Open Yourself to Learning through Breathwork, Movement and Meditation*. Edmonton, AB: Windsound Learning Society.
- Rowe, K.P. (2007). *A Settled Mind: Stress Reduction for the Classroom and Beyond*. Raymond, ME: Five Seeds.
- Singleton, K. (2004). *Picture Stories for Adult ESL Health Literacy*. [Falls Church, VA]: Fairfax County (Virginia) Public Schools. Retrieved from www.cal.org/caela/esl_resources/Health/healthindex.html#Stressed

Mental Health Organizations and Resources

2-1-1 Information and Referral Search: <http://www.211.org/>

This page allows the user to enter his or her own state and be directed to related community service listings.

Massachusetts 2-1-1: <http://www.mass211.org/>

This website is the home site of Mass 211, part of the statewide network of community-based resource and referral agencies (CCR&Rs).

Massachusetts Department of Health and Human Services

Department of Mental Health Cultural Competence <http://www.mass.gov>

Mental Health America: <http://www.nmha.org/>

Mental Health First Aid USA: <http://www.mentalhealthfirstaid.org>

This organization trains and certifies instructors to deliver the 12-hour Mental Health First Aid course in their own communities.

National Association for Adults with special Learning Needs (NAASLN): <http://www.naasln.org/>

National Alliance on Mental Illness: <http://www.nami.org/>

SAMSHA (Substance Abuse and Mental Health Services Administration)

From the website: "SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services."

<http://www.samhsa.gov/>

Expressive Arts, Expressive Therapy, Integrating the Arts Into Learning

Allen, P. (2005). *Art Is a Way of Knowing*. Boston: Shambala.

Balliro, L. (2009). "When I Knit, the Anger Goes Into My Yarn." *Field Notes*, 18(1): 6-7. Retrieved from <http://www.sabes.org/resources/publications/fieldnotes/vol18/fn182.pdf>

Becker, C. (1994). *The Subversive Imagination: Artists, Society, and Social Responsibility*. New York: Routledge.

Burns, L. (2008). "Are You Really an Artist? Humour and Integrity in a Community Mural Project." In *Bon À Tիրer: The Western Undergraduate Journal of Art History and Visua Culture*. Ontario: Western University

Cleveland, W. (2000). *Art in Other Places: Artists at Work in America's Communities and Social Institutions*. Westport, CT: Praeger.

Collom, J. (1994). *Poetry Everywhere*. New York: Teachers and Writers Collaborative.

Darley, S. & Heath, W. (2008). *The Expressive Arts Activity Book*. Philadelphia: Jessica Kingsley Publishers.

Felshin, N. (1994). *But Is It Art? The Spirit of Art as Activism*. Seattle: Bay Press.

Free Printable Mandalas to color.

<http://www.mandalastocolor.com/>

GlassBook Project: (<http://www.glassbookproject.org/>)

From website: "The GlassBook Project is a mysterious and evolving artwork that also seeks to make systems and programs more responsive and helpful to survivors of trauma."

Hinz, L. (2009). *Expressive Therapies Continuum*. New York: Routledge.

Ingram, J. (2009). Visual Journals Move Teachers and Students *Beyond Traditional Learning*
<http://www.seenmagazine.us/articles/article-detail/articleid/213/visual-journals-move-teachers-and-students-beyond-traditional-learning.aspx>

Hoggan, C., Simpson, S., & Stuckey, H. (2009). *Creative Expression in Transformative Learning: Tools and Techniques for Educators of Adults*. Malabar, FL: Krieger Publishing Co.

Lash, H. (2006). "You Are My Sunshine: Refugee Participation in Performance." In *Wildfire: Art and Activism*. Georgetown, Ontario, Canada: Sumach Press.

Literacyhead: Lessons for teaching literacy through the arts.

<http://literacyhead.com/>

London, P. (1989). *No More Secondhand Art: Awakening the Artist Within*. Boston: Shambala.

Malchiodi, C.A. (2005). *Expressive Therapies*. New York: The Guilford Press.

Malchiodi, C.A. (2007). *The Art Therapy Sourcebook*. New York: McGraw Hill.

The Mandala Lady. Mandalas to Color. Free downloads.

<http://www.mandalastocolor.com/>

McNiff, S. (1998). *Trust the Process: An Artist's Guide to Letting Go*. Boston: Shambala.

Nimmer, D. (2008). *Art from Intuition: Overcoming Your Fears and Obstacles to Making Art*. New York: Watson-Guption.

Norton, M. (2010). *New Pathways to Learning: A Resource Book for Creative Arts and Adult Learning*. Edmonton, AB: Windsound Learning Society.

Playback Theater: <http://vimeo.com/11405244>

This video clip "demonstrates a unique application of Playback Theatre to English Language Learning. Contains edited excerpts from "Two Sides of the Same" Playback Theatre performance (May 2009) by Fort Lauderdale ESOL Playback Players. This program demonstrates how the arts are used to accelerate achievement levels of adult English Language Learners"

<http://www.playbacktheatre.org/about/>

This site gives background about Playback Theater and provides links to resources.

http://www.tonisant.com/aitg/Playback_Theatre/

Applied and Active Theater Guide: Playback Theater. Explains the difference between Playback Theater, psychodrama, and other performance forms.

Popoff, G. & Lansana, Q.A. (2010). *Our Difficult Sunlight: A Guide to Poetry, Literacy, and Social Justice in Classroom and Community*. New York: Teachers and Writers Collaborative.

Stir a Memory Project: <http://www.stiramemory.org/> and <http://stiramemory.blogspot.com/>
From website: "We support individuals in evoking memories and creating their personal stories through any of the performing or expressive arts media."

Vaughan, K. (2005). "Pieced Together: Collage as an Artist's Method for Interdisciplinary Research." *International Journal of Qualitative Methods* 4 (1).

Viens, J. & Kallenbach, S. (2004). *Multiple Intelligences and Adult Literacy: A Sourcebook for Practitioners*. New York: Teachers College Press.

Arts and Crafts – Practical Matters

Owen, C. (2006). *Creating Personal Shrines: Using Photos, Mementos, and Treasures to Create Artful Displays*. New York: Lark Books.

Stoller, D. (2004). *Stitch and Bitch: the Knitters Handbook*. New York: Workman Publishing.

Stevens-Heebner, M. (2009). *Altered shoes: A Step-by-Step Guide to Making Your Shoes Fabulous*

Wingert, C. & Sprenger, T. (2007). *Lifelines: Creating Memory Art to Chronicle Your Personal Collections*. Cincinnati, OH: North Light Books.

Woods, L. & Dinino, K. (2006). *Visual Chronicles: The No Fear Guide to Creating Art Journals, Creative Manifestos, and Altered Books*. Cincinnati, OH: North Light Books.

Arts-Related Organizations

Arts Education Partnership: www.aep-arts.org

This organization provides information and communication about current and emerging arts education policies, issues, and activities at the national, state, and local levels.

Art in the Public Interest: <http://www.apionline.org/apiinfo.html>

API is a nonprofit organization formed in 1995 to serve the information needs of artists and organizations which are bringing the arts together with community and social concerns.

Burning Man. <http://www.burningman.com/>

Community Arts Network [archived website]:

<http://wayback.archive-it.org/2077/20100906194747/http://www.communityarts.net/>

Promoted information exchange, research and critical dialogue within the field of community-based art.

The Figment Project

An interactive, community based arts organization in several cities. Promotes and supports participatory art projects in public spaces. <http://figmentproject.org/>

The Mandala Project: <http://www.mandalaproject.org/>

This nonprofit organization is dedicated to promoting peace through art and education.

Massachusetts Cultural Council. Source for grants and artist news in Massachusetts.

<http://www.massculturalcouncil.org/>

National Endowment for the Arts. <http://www.nea.gov/>

Transformative Language Arts Network: <http://www.TLANetwork.org>

Sponsors a yearly conference to explore how “we can use our words—written, spoken, or sung—to make community, deepen healing, wake ourselves up, and foster empowerment and transformation.”

Health Benefits of Laughter

Borenstein, S. (2010). *To scientists, laughter is no joke*. Retrieved April 26, 2011 from

http://www.msnbc.msn.com/id/36122340/ns/technology_and_science-science/

Laughter Yoga <http://www.youtube.com/watch?v=ahhN3Ryw4O4>

Medical Benefits of Laughter <http://www.youtube.com/watch?v=pCrcFcp-Mg>

YouTube Video Clips: Humor, Music, and Dance

Baby Laughing <http://www.youtube.com/watch?v=HttF5HVYtIQ>

Cat antics <http://www.youtube.com/watch?v=Kxa0mnDj0bs!>

Charlie Chaplin coffee clip <http://www.youtube.com/watch?v=1mYtNMDfyXQ>

Charlie Chaplin factory clip (from *Modern Times*)
<http://www.youtube.com/watch?v=CRedrHDYhk8> -

I Love Lucy Job Switching episode

Ministry of Silly Walks—Monty Python <http://www.youtube.com/watch?v=9ZIBUglE6Hc>

YouTube-Hokey Pokey 1930 –music only
http://www.youtube.com/watch?v=0LcAuQ_AT-s

Amazing Hip Hop version of Hokey Pokey <http://www.youtube.com/watch?v=uJHgZCxiFRY>

Chicken Dance conducted by Lawrence Welk
<http://www.youtube.com/watch?v=6UV3kRV46Zs&feature=related>

Chicken Dance Polka winners at contest
http://www.youtube.com/watch?v=GmC_GX5rMK0&feature=related

Baile de Pajaritos – a Group of women at a wedding or other celebration dance the chicken dance <http://www.youtube.com/watch?v=-kwGssKfmeI&feature=related>

Chorus that sounds like rain
<http://www.youtube.com/watch?v=UJy3Q-L8P8&feature=youtu.be>

YouTube downloader (Instructions on how to download YouTube videos to your computer.)
http://download.cnet.com/YouTube-Downloader/3000-2071_4-10647340.html