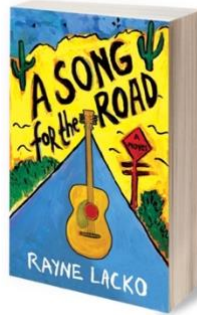
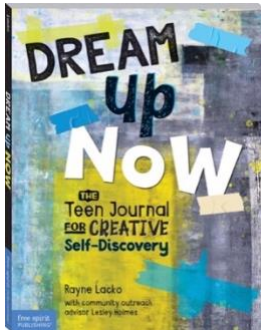


Rayne Lacko - Publications, Presentations & Educational Activities

Books

- Author: Lacko, Rayne. *Dream Up Now: The Teen Journal for Creative Self-Discovery*. Free Spirit Publishing, 2020.
- Author: Lacko, Rayne. *A Song for The Road*. SparkPress, 2019. Eric Hoffer Book Award Honorable Mention.
- Featured in *Poetry Corners Anthology 2023*: Bainbridge Forest Sonnet; and *Slow to Rise*.
- Featured in Bainbridge Press's *Coyote* anthology (2024): *Courage v. Comfort*.
- Featured in *Orange County Fare: A Culinary Journey through the California Riviera* (2009) Rebecca Lacko's Ultra-Healthy Brownies with Icing.



Presentations and Online Courses

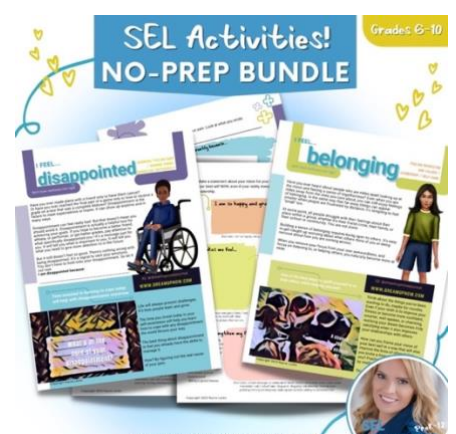
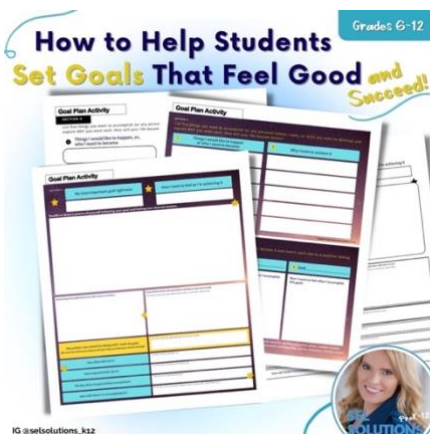
- **Creative Ways to Help Students Manage Their Emotions.** This presentation will be of interest to educators of students in grades 6 through 12, school and district leaders, librarians, counselors and coaches, and curriculum directors. *Contents have been approved for PD in many schools, **districts, and states and will provide a CE certificate. Length: 50 minutes.**
- **6 Easy Steps to Leading Social-Emotional workshops with teens.** A step-by-step guide for teachers, parents, librarians, and counselors to establish an arts-based small group to help tweens and teens learn to manage their emotions and set and achieve goals.

Author and Writer Programs

- Mapping your protagonist's emotional journey
- Crafting dynamic, multidimensional, sympathetic characters
- Brainstorming story conflicts with satisfying endings
- Revision techniques: Digging deeper, then polishing your work
- The Writer's Life: Learn what it's like to create full-time

Educational Activities and Printables

My small business, SEL Solutions was established in Spring 2023 on Teacherspayteachers.com SEL Solutions offers no prep, beautiful social-emotional learning, and creative writing activities for hard-working teachers of PreK to University students. All materials are multicultural, wholistic, solution-focused perspectives founded on social, racial, and environmental justice. Some examples:



Articles & Essays

- [Colorful Language: Falling in Love with the Speech Rhythms of the American Southwest](#)
- [Stressed Out Teens? How to Help Teens Set Goals That Feel Good](#)
- [Creative Ways to Help Teens Manage Difficult Emotions](#)
- [Help Students Manage the Difficult Emotions of Going Back to School During a Pandemic](#)
- [How Sharing Stories Helps Kids \(to Help Other Kids\)](#)
- [Five ways Parents can Help Prevent Cyberbullying](#)
- [A Brave Face – Victims Disfigured by Domestic Violence Can Get Life-Changing Help](#)
- [Is the Sober Curious Movement the End of Teen Binge Drinking?](#)
- [Worried About Your Teen Getting Into College? Try Music Lessons](#)
- [Just One Week of Meditation Can Boost Creative Problem Solving](#)
- [Teens can Improve Creativity, Relieve Anxiety by Meditating](#)
- [How Alzheimer’s Caregivers Use Enhanced Music to Recover Lost Memories](#)
- [Why Teen Need Their Music: Part I. Secrets for Parents](#)
- [#5onFri: Five Ways to Write What You Want to Understand](#)

Short stories

- [Like Father, Like Son](#) *Wordhaus* – Voted BEST OF WORDHAUS for its category, Thriller/Horror (2015)
- [Clothes The Door](#) *Gravel*
- [RADIO HEAD, a novel](#) Book excerpt, *Mixtape Methodology*
- [It Was Easier](#) *Mixtape Methodology*
- Short Story: “Letter to a Librettist” *Skyline*

Interviews

- [Victoria Theodore and the Musical Life](#) *Mixtape Methodology*
- [A Brief Examination of High And Mighty Low’s “Blackbird”](#) *Mixtape Methodology*
- [alt rock band Minus The Bear](#) on the art of song-writing collaboration, *Mixtape Methodology*
- [Rock musician Alex Rose](#) on transmodal neuroplasticity and making music, *Mixtape Methodology*

Poetry

- [Writer Ariel Chart](#) *International Literary Journal*
- [Twelve Years Old](#) *Academy of the Heart and Mind*
- [Girls Before & After, Part I; Girls Before & After, Part II; Girls Before & After, Part III](#) *Academy of the Heart and Mind*
- [Mind Your Step – haiku](#) *Grand Little Things*
- [“Slow to Rise”](#) *Poetry Corners Anthology 2023*
- [“Bainbridge Forest Sonnet”](#) *Poetry Corners Anthology 2023*

Former Culinary Blog

- [Former Culinary Blog: The Unassuming Foodie](#)
- [“Rebecca Lacko’s Ultra-Healthy Brownies with Icing”](#) *Orange County Fare: A Culinary Journey through the California Riviera* (2009)