

Bringing Mindfulness into the Classroom

Resources

Mindful Schools

Mindfulness Fundamentals: an introductory 6-week online course, provides the basics to develop a personal mindfulness practice.

Mindful Educator Essentials, a 6-week online course, provides K-12 curriculum and practical skills to introduce mindfulness into your work with youth.

Curriculum

Mind-Up Curriculum PreK-2 Brain Focused Strategies for Learning and Living

Mind-Up Curriculum 3-5 Brain Focused Strategies for Learning and Living

Mindful Educator Essentials (see above)

The Way of Mindful Education- Cultivating Well-Being in Teachers and Students

by Daniel Rechtschaffen

Yoga 4 Classrooms- Tools for learning, Lessons for life- Lisa Flynn

Sitting Still Like a Frog- Mindfulness Exercises for Kids and Their Parents by

Eline Snel

Practice

Practicing Mindfulness: An Introduction to Meditation Course Guidebook and DVD set- The Great Courses

Calm App

Insight Timer App

Mind Yeti

A Handful of Quiet- Happiness in Four Pebbles by Thicht Nhat Hanh
Mindful Movements- Ten Exercises for Well-Being by Thicht Nhat Hanh
Mandalas
My Calm Place- Yoga, Mindfulness and Meditation, Strategies for Children (Card Deck)

Books

10 Mindful Minutes by Goldie Hawn
Child's Mind; Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed by Christopher Willard
Planting Seeds; Practicing Mindfulness with Children by Thict Nhan Hanh and The Plum Village
Mindfulness and Yoga Skills for Children and Adolescents- 115 Activities for Trauma, Self-Regulation, Special Needs and Anxiety by Barbara Neiman, OTR
Peaceful Piggy Meditation by Kerry Lee MacLean
I Am Peace; A Book of Mindfulness by Susan Verde
The Quiet Book by Deborah Underwood
The Flower Man by Mark Ludy
The Knowing Book by Rebecca Kai Dotlich