

Mindfulness and Education

References

- Greenland, S. K. (2010). *The mindful child: How to help your kid manage stress and become happier, kinder, and more compassionate*. New York: Free Press.
- Hawn, G., Holden, W. (2011). *Ten mindful minutes*. New York: Perigee.
- Johnson A. & Neagley, M. (Eds.) (2011). *Educating from the heart: Theoretical and practical approaches to transforming education*. Lanham: Rowman and Littlefield Education.
- Lantieri, L. (2008). *Building emotional intelligence: Techniques to cultivate inner strength in children*. Boulder: Sounds True, Inc.
- Meiklejohn, J., Phillips, C., Freedman, M. L., Griffin, M. L., Biegel, G., Roach, A., Frank, J. & Burke, C. (2012, March 14). Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students. *Mindfulness*, 2(4).
- Rotne, F.N., & Rotne, D.F. (2013). *Everybody present: Mindfulness in education*. Berkely: Parallax Press.
- Shoeberlein, D., Sheth, S. (2009). *Mindful teaching and teaching mindfulness: A guide for anyone who teaches anything*. Boston: Wisdom Publications.
- Willard, C. (2010). *Child's Mind: Mindfulness practices to help our children be more focused, calms, and relaxed*. Berkely: Parallax Press.

Programs/Training

- Cultivating Awareness and Resilience in Education (CARE)—
http://www.garrisoninstitute.org/index.php?option=com_content&view=category&layout=blog&id=108&Itemid=1138&limitstart=40
- Inner Kids Program—www.susankaisergreenland.com
- Inner Resilience Program—www.innerresilience-tidescenter.org
- Learning to Breathe—<http://learning2breathe.org>
- Mindfulness-Based Wellness Education (MBWE)— Unpublished doctoral dissertation. University of Toronto, Toronto, Ontario, Canada
- Mindfulness in Schools Project—www.mindfulnessinschools.org--England
- Mindful Schools—www.mindfulschools.org

MindUP –www.thehawnfoundation.org

Sfat Hakeshev (The Mindful Language)--Israel

Still Quiet Place—www.stillquietplace.com/

Stressed Teens—www.stressedteens.com

Stress Management and Relaxation Techniques (SMART) in Education—
<http://smart-in-education.org/>

Wake Up Schools: Cultivating Mindfulness in Education (Elli Weisbaum) — elli@wakeupschools.org

Wellness Works in Schools –www.wellnessworksinschools.com

Training Manuals/CDs

Broderick, P.C. (2011). *Learning to breathe: Gaining the inner edge*.

The Hawn Foundation. (2011). *The MindUp curriculum: Grades pre-K-2: Brain-focused strategies for learning- and living*. New York: Scholastic Inc.

The Hawn Foundation. (2011). *The MindUp curriculum: Grades 3-5: Brain-focused strategies for learning- and living*. New York: Scholastic Inc.

The Hawn Foundation. (2011). *The MindUp curriculum: Grades 6-8: Brain-focused strategies for learning- and living*. New York: Scholastic Inc.

Guided Meditations for Adults

Ferris Urbanowski Buck: www.ferrisurb.org

Jon Kabat-Zinn: www.mindfulness tapes.com

Elana Rosenbaum: www.mindfulliving.com

Sharon Salzberg: www.sharonsalzberg.com

Saki Santorelli: Guest –House Tapes, P.O. Box 1050 Belchertown, MA 01007

Bob Stahl: <http://www.mindfulnessprograms.com/mindful-healing-series.html>

Mark Williams: *Mindfulness: An Eight Week Program for Finding Peace in a Frantic World* (contains a website to download all meditations)

Susan Woods: www.slwoods.com

CDs & Books for Kids

Hanh, T.N. (2001). *A pebble for your pocket: Mindful stories for children and grown-ups*. Berkeley: Plum Blossom Books.

Hanh, T.N. (2008). *Mindful movements: Ten exercises for well-being*. Berkeley: Parallax Press.

Hanh, T.N. (2011). *Planting seeds: Practicing mindfulness with children*. Berkeley: Parallax Press.

Hanh, T.N. (2012). *A handful of quiet: Happiness in four pebbles*. Berkeley: Plum Blossom Books.

MacLean, K.L. (2004). *Peaceful piggy meditation*. China: Albert Whitman Prairie Books.

MacLean, K.L. (2008). *Peaceful piggy yoga*. Chicago: Albert Whitman & Company.

MacLean, K.L. (2009). *Moody cow meditates*. Somerville, Wisdom Publications.

McGinnis, M.W. (2013). *An orange for you: A child's book of awareness*. Lexington.

Saltzman, A. (2010). *Still quiet place: Mindfulness for teens*. – Audio CD

Saltzman, A. (2007). *Still quiet place: Mindfulness for young children*. – Audio CD

Silver, G. (2009). *Anh's anger*. Berkeley, Plum Blossom Books.

Silver, G. (2011). *Steps and stones: An Anh's anger story*. Berkeley, Plum Blossom Books.

Susan, S. (2007). *The sun in my belly*. Berkeley: Plum Blossom Books.

Additional Websites

Association for Mindfulness in Education:
www.mindfuleducation.org

The Aware Teacher: Bringing Reflection and Mindfulness to Our Schools:
<http://www.umassmed.edu/cfm/schools.aspx>

CASEL: Collaborative for Academic Social and Emotional Learning (Linda Lantieri, MA):
www.casel.org

The Center for Contemplative Mind in Society (Arthur G. Zajonc, Ph.D.):
www.contemplativemind.org/programs/academic

Contemplative Studies Initiative (Hal Roth, Ph.D.):
www.brown.edu/Faculty/Contemplative/_Studies_Initiative

Cultivating Awareness and Resilience in Education (Patricia Jennings, Med, Ph.D.):

www.garrisoninstitute.org/index.php?option=com_content&view=article&id=77&itemid=79

Mindfulness and Emotional Intelligence (Daniel Goleman, Ph.D.):

www.danielgoleman.info

Social and Emotional Learning:

www.edutopia.org