

WSCA 2018

Sectional: Mindfulness for your school

Thursday, February 22nd, 2018



Our favorite resources

Books on mindfulness

Davidson, R. & Goleman, D. (2017). *Altered Traits: Science Reveals How Meditation Changes your Mind, Brain, and Body*. New York: Avery

Hanson, R. (2013). *Hardwiring happiness: The new brain science of contentment, calm, and confidence*. New York: Harmony Books.

Hanson, R. & Mendius, R. (2009). *Buddha's Brain: The practical neuroscience of happiness, love, & wisdom*. CA: New Harbinger Publications.

Kabat-Zinn, M. & Kabat-Zinn, J. (1997). *Everyday blessings: The inner work of mindful parenting*. New York: Hyperion.

Kabat-Zinn, J. *Wherever you go, there you are: mindfulness meditation in everyday life*.

Williams, M. & Penman, D (2011). *Mindfulness: An eight-week plan for finding peace in a frantic world*. United States: Rodale Inc.

This book will get you, individually, on your path to mindfulness. It would be difficult to truly teach mindfulness if you did not embrace the process for yourself. This is the book utilized by the Growing Minds group in their adult development classes.

Books on mindfulness in education

[The way of Mindful Education](#) by Daniel Rechtschaffen

[The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students](#) by Daniel Rechtschaffen

[Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything](#) by Deborah Shoerberlein David

[Teach, Breathe, Learn: Mindfulness in and out of the classroom](#) by Meena Srinivasan

Books for students and their families (not at all a comprehensive list)

[Puppy Mind](#) by Andrew Nance

[Sitting Still Like a Frog](#) by Eline Snel

[Ahn's Anger](#) by Gail Silver

[Charlotte and the Quiet Place](#) by Deborah Sosin

Articles

1.Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy. *Mind, Brain, and Education*, 7(3), 182-195.

2.Jennings, P. A., Frank, J. L., Snowberg, K. E., Coccia, M. A., & Greenberg, M. T. (2013). Improving Classroom Learning Environments by Cultivating Awareness and Resilience in Education (CARE): Results of a Randomized Controlled Trial. *School Psychology Quarterly*, 28(4), 374-390.

3.Jennings, P. A., Brown, J. L., Frank, J. L., Doyle, S. L., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A., & Greenberg, M. T. (2015). Promoting teachers' social and emotional competence, well-being and classroom quality: a randomized controlled trial of the CARE for Teachers Professional Development Program. In C. Bradshaw (Ed.), *Examining the impact of school-based prevention programs on teachers: findings from three randomized trials*. Washington D.C: Symposium presented at the Society for Prevention Research Annual Meeting. (Submitted for Initial Review).

4.Flook, L., Goldberg, S. B., Pinger, L., Bonus, K., & Davidson, R. J. (2013). Mindfulness for teachers: A pilot study to assess effects on stress, burnout, and teaching efficacy. *Mind, Brain, and Education*, 7(3), 182-195.

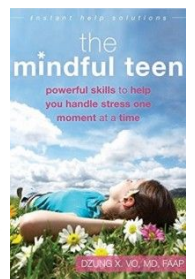
5.Jones, D. E., Greenberg, M., & Crowley, M. (2015). Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness. *American Journal of Public Health*, 105(11), 2283-2290.

Curriculums

- ★ Mind Up Curriculum
- ★ Mindfulschools.org
- ★ Mind Yeti
- ★ The Mindful Teen
- ★ Growing Minds



Growing Minds



Training Opportunities

Growing Minds Today <http://www.growingmindstoday.com/>

Milwaukee based mindfulness education; works with MPS. Lincoln Center of the Arts utilized wellness funds to provide teacher training.

[Mindful Schools](#)

[Association for Mindfulness in Education](#)

[Calm Classroom](#)

Apps and Guided practices

[Growing Minds Take5](#)--completely free, beautifully animated videos with guided practices K-12.

[Enso Timer](#)--simply laid out; perfect for personal practice.

<https://app.stopbreathethink.org/>

Stop, Breathe & Think

app.stopbreathethink.org

A simple, fun and free mindfulness and compassion building tool, available for iOS, Android and Web.

<https://www.calm.com/meditate>

Calm - Meditation Techniques for Sleep and Stress Reduction

www.calm.com

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life.

Insight Timer - The most popular free meditation app ...

insighttimer.com <https://insighttimer.com/>

Home to more than 1,400,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.

Headspace - Meditation made simple

www.headspace.com

Get some Headspace. Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.

[MindYeti](#)--K--6

[Smiling Mind](#)--australian based non-profit organization has lots of guided practices for all ages! Great, if you don't mind the Australian accent.

[Calm.com](#)--K--adult

Presenter's and collaborators* contact Information:

Elina Kats

University School of Milwaukee, gr. 5-8
Milwaukee, WI
ekats@usmk12.org

Rachel Pufall *

Washburn Elementary, gr. K-6
Washburn, WI
rpufall@washburn.k12.wi.us

Kristin Boileau

Osceola Elementary School, gr. K-2
Osceola, WI
boileauk@osceolak12.org

Erin Cecil-Perigo*

Lincoln Center of the Arts, gr. 6-8
Milwaukee, WI
cecilef@milwaukee.k12.wi.us

