WSCA 2019

Sectional: Beyond the basics of mindfulness in education

Elina Kats ekats@usmk12.org

Favorite resources--Please add yours



This is a document I made to share with teachers as a result of a PLC on mindfulness. http://bit.ly/2MNNMbV

Here is a Youtube list I maintain semi-regularly with videos I show in presentations and classes. http://bit.ly/2MMta3E

Apps and Guided practices

<u>Growing Minds Take5</u>--completely free, beautifully animated videos with guided practices K-12.

Focus 5 audio and scripted exercises for classroom teachers that require minimal training

Enso Timer--simply laid out; perfect for personal practice.

https://app.stopbreathethink.org/https://www.calm.com/meditate Calm - Meditation Techniques for Sleep and Stress Reduction Free for teachers Insight Timer

Articles

Mindfulness in the Classroom

Mindfulness in the classroom: A How-to guide by Linday Yaron

Mindful of Equity by Alice Pettway

Yoga, Mindfulness, and Social Justice with Kids in the South Bronx by Betsy Hanger

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.

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.

Mindfulness for Teachers

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.

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

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.

Mindfulness and Religion

https://bigthink.com/think-tank/divorcing-mindful-meditation-from-religion-with-sam-harris https://www.mindfulschools.org/foundational-concepts/mindfulness-and-secularity/

Research on Mindfulness

https://www.mindful.org/the-magnificent-mysterious-wild-connected-and-interconnected-brain/

https://www.mindfulschools.org/about-mindfulness/research/

Mental Hygiene--Madison researcher uses modern neuroscience to study kindness, compassion & happiness Mindfulness: A Guide for Teachers by Dr. Amy Saltzman

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.

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

MindUp Curriculum K-12

<u>Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything</u> by Deborah Shoeberlein David

Teach, Breathe, Learn: Mindfulness in and out of the classroom by Meena Srinivasan

<u>Mindful Games: Sharing mindfulness and meditation with children, teens, and families</u> by Susan Keiser Greenland

Books for students and their families

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

I am Peace by Susan Verde

The Mindful Teen by Dzung X. Vo, MD

Training Opportunities

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

Mindful Schools

Association for Mindfulness in Education

Calm Classroom