MINDFULNESS AND MEDITATION

The last 10 years have seen an explosion in the application and scientific study of mindfulness in schools. Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. Research shows that teaching mindfulness in the classroom reduces behavior problems and aggression among students, and improves their happiness levels and ability to pay attention. Teachers trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and greater compassion and empathy.

RESOURCES

**Online Meditations and Mindfulness Exercises**

Palouse Mindfulness – [www.palousemindfulness.com](http://www.palousemindfulness.com)

The Mindful Awareness Research Center – [www.marc.ucla.edu](http://www.marc.ucla.edu).

Chopra Center Meditation – [www.chopracentermeditation.com](www.chopracentermeditation.com%20)

YouTube—search Jon Kabet-Zinn

**Apps**

Headspace—first 10 days free than can subscribe

Buddhify--$4.99, mindfulness and meditation

Calm—Free, great for beginners

Smiling Mind—Free, designed by age group

Mindful Life Project—Free, variety of options

**Books**

Jon Kabat-Zinn

*Wherever You Go There You Are*

*Full Catastrophe Living*

*Arriving at your own Door*

Audio CDs:

Guided Mindfulness Meditation- Series 1

Guided Mindfulness Meditation – Series 2

Guided Mindfulness Meditation – Series 3

Chade-Meng Tan – *Search Inside Yourself*

Susan Smalley and Diana Winston - *Fully Present*

Pema Ch*ő*dr*ő*n

Audio CD or Audio book: *Don’t Bite the Hook: Finding Freedom from Anger, Resentment and Other Destructive Emotions*

Dan Siegel - The Mindful Brain

David Harp – *Mindfulness to Go: How to Meditate While You’re on the Move*

Bob Stahl and Elisha Goldstein - *A Mindfulness-Based Stress Reduction Workbook*

Kristen Race – Mindful Parenting

Elaine Snel - *Sitting Still Like A Frog* (Mindfulness Exercises for Kids)

Patricia Jennings, Dan Siegel – *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*

**Magazine:**

Mindful Magazine

*Interested in mindfulness programming at your school, contact Nancy Eigel-Miller, nemiller6715@gmail.com*