



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

The Mindful Awareness Research Center – www.marc.ucla.edu.

Chopra Center Meditation – www.chopracentermeditation.com

YouTube—search Jon Kabat-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 Chödrön

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