

Mindfulness in Education

Organizations

Association for Mindfulness in Education	http://www.mindfuleducation.org/
Center for Contemplative Mind in Society	http://www.contemplativemind.org/
Center for Investigating Healthy Minds	http://www.investigatinghealthyminds.org/
Center for Mindful Learning	http://www.cml.me/
Contemplative Science Lab	http://csl.margamnyu.org/
Emory Collaborative for Contemplative Studies	http://www.emory.edu/ECCS/
Initiative on Contemplation and Education	https://www.garrisoninstitute.org
International Symposia for Contemplative Studies	http://contemplativeresearch.org/
Mind and Life Institute	http://www.mindandlife.org/
Minding Your Life	http://www.mindingyourlife.net/
Mindful Awareness Research Center (MARC)	http://marc.ucla.edu/
Mindful Magazine	http://www.mindful.org/
Mindful Teacher	http://www.mindfulteacher.com/
Mindfulness in Education Network	http://www.mindfuled.org/
Penn Program for Mindfulness	http://www.pennmedicine.org/stress/
<u>UCSD Center for Mindfulness</u>	http://health.ucsd.edu/specialties/mindfulness
<u>UMass Center for Mindfulness</u>	http://www.umassmed.edu/cfm

Educational Models for Students

.b Mindfulness in Schools Project	http://mindfulnessinschools.org/
Calm Classroom	http://calmclassroom.com/
Contemplative Studies Initiative	http://www.brown.edu/academics/contemplative-studies/
Friends School	http://friendsschoolofportland.org/
Koru Center for Mindfulness	https://www.korumindfulness.org/
Inner Kids Foundation	http://susankaisergreenland.com/
Inner Resilience	http://www.innerresilience-tidescenter.org/
Inward Bound Mindfulness Education	http://ibme.info/
Learning to BREATHE	http://learning2breathe.org/
Maine Mindfulness Project	http://www.mainemindfulnessproject.com/
Merriconeag Waldorf School	http://www.merriconeag.org/
Mind-Body Awareness (MBA) Project	http://www.mbaproject.org/
Mindful Life	http://www.mindfullifetoday.com
Mindful Schools	http://www.mindfulschools.org/
Mindfulness for Schools (UK)	http://www.mindfulnessforschools.com
MindUp	http://www.thehawnfoundation.org/mindup
Montessori Schools	http://www.montessori.edu/
Open Circle (K-5)	http://www.open-circle.org/
Oxford Mindfulness Centre	http://oxfordmindfulness.org/
PassageWorks	http://passageworks.org/
Reggio Emilia	http://www.reggioalliance.org/
Responsive Classroom (K-5)	http://www.responsiveclassroom.org/
Still Quiet Place	http://www.stillquietplace.com/index.php
<u>Wellness Works in Schools</u>	http://www.wellnessworksinschools.com/

Professional Development for Teachers

Center for Courage and Renewal	http://www.couragerenewal.org/
CARE for Teachers	http://www.garrisoninstitute.org
Cultivating Emotional Balance	http://cultivatingemotionalbalance.org/
Discover Mindfulness	http://discovermindfulness.ca/programs-educators/
Greater Good Summer Institute for Educators	http://greatergood.berkeley.edu
Mindfulness in Education Conference-Omega	http://www.eomega.org/workshops
SMART-in-Education	http://www.smart-in-education.org/
Teachings in Mindful Education (TiME)	http://www.chewonki.org/vacations/mindful_education.asp
<u>Wake Up Schools</u>	http://wakeupschools.org/

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Mindfulness Apps

Get Some Headspace
Stop, Breathe, Think

<http://www.getsomeheadspace.com/>
<http://stopbreathethink.org/>

Mindfulness in Education Books

- Begley, S. (2007). *Train your mind, change your brain*. New York, NY: Ballantine Books.
- Bush, M. (2011). *Contemplation Nation: How Ancient Practices are Changing how we Live*. CreateSpace.
- Dalton, J. & Fairchild, L. (2004). *The Compassionate Classroom: Lessons that Nurture Wisdom & Empathy*. Chicago, IL: Chicago Review Press.
- Goleman, D. (1994). *Emotional intelligence*. New York, NY: Bantam Books.
- Gunaratana, B.H. (2002). *Mindfulness in Plain English*. Somerville, MA: Wisdom Publications.
- Hahn, T.N. (2011). *Planting Seeds: Practicing Mindfulness with Children*. Berkeley, CA: Parallax Press.
- Hahn, T.N. (2008). *Mindful Movements: Ten Exercises for Well-Being*. Berkeley, CA: Parallax Press.
- Hart, T. R. (2001/2009). *From information to transformation: Education for the evolution of consciousness*. New York, NY: Peter Lang.
- Keiser, Greenland, S. (2010). *The Mindful Child*. New York, NY: Free Press.
- Kessler, R. (2000). *The Soul of Education: Helping Students find Connection, Compassion and Character at School*. Alexandria, VA: ASCD Press.
- Krishnamurti, J. (1953). *Education and the Significance of Life*. New York, NY: Harper and Bros.
- Langer, Ellen J. (1997). *The Power of Mindful Learning*. Boston, MA: Perseus Publishing.
- Langer, E.J. (1989). *Mindfulness*. Boston, MA: Perseus Books Group.
- Lantieri, L. (2008). *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*. Boulder, CO: Sounds True.
- Lichtmann, M. (2005). *The teacher's way: Teaching and the contemplative life*. Mahwah, NJ: Paulist Press.
- Macdonald, E. & Shirley, D. (2009). *The Mindful Teacher*. New York, NY: Teachers College Press.
- McHenry, I. & Brady, R. (Eds.)(2009). *Tuning In: Mindfulness in Teaching and Learning*. Friends Council in Education.
- Merton, T. (1961). *New seeds of contemplation*. New York, NY: New Directions.
- Miller, J.P. (1994). *The contemplative practitioner: Meditation in education and the professions*. Westport, CT: Bergin & Garvey.
- O'Reilley, M.R. (1998). *Radical presence: Teaching as contemplative practice*. Portsmouth, NH: Boynton/Cook Pub.
- Palmer, P. (1998). *The courage to teach: Exploring the inner landscape of a teacher's life*. San Francisco, CA: Jossey-Bass.
- Rotne, N.F. & Rotne, D.F. (2013). *Everybody Present: Mindfulness in Education*. Berkeley, CA: Parallax Press.
- Schoeberlein, D. (2009). *Mindful Teaching and Teaching Mindfulness: A Guide for Anyone who Teachers Anything*. Boston, MA: Wisdom Publications.
- Senge, P., Scharmer, C.O., Joaworski, J. & Flowers, B.S. (2004). *Presence: An exploration of profound change in people, organizations, and society*. New York, NY: Random House.
- Siegel, D.J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. W.W. Norton & Co.
- Smalley, S.L. & Winston, D. (2010). *Fully Present: The Science, Art and Practice of Mindfulness*. Philadelphia, PA: Da Capo Press.
- Snel, E. (2013). *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)*. Shambhala Press.
- Wallace, A. (2006). *The Attention Revolution: Unlocking the power of the focused mind*. Boston, MA: Wisdom Publications.
- Willard, C. (2010). *Child's Mind: Mindfulness Practices to Help our Children be more Focused, Calm & Relaxed*. Berkeley, CA: Parallax Press.
- Zajonc, A. (2009). *When Knowing Becomes Love: Meditation as Contemplative Inquiry*. Great Barrington, MA: Lindisfarne Books.

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Mindfulness Videos

Mindfulness in Education Annual Conference Videos

<http://www.mindfuld.org/conferences/2014-conference-videos/>

Heart-Mind 2013 Conference Speaker Videos

<http://dalailamacenter.org/heart-mind-2013-helping-children-thrive/heart-mind-2013-presenters>

Contemplative Teaching & Learning Conference Videos

<http://www.garrisoninstitute.org/contemplation-and-education/ce-videoaudio>

Healthy Habits of Mind

Mindful Schools

<http://www.mindfulschools.org/resources/healthy-habits-of-mind/>

Mindfulness in Schools (.b)

Richard Burnett

https://www.youtube.com/watch?v=6mlk6xD_xAQ

Teaching the ABC's of Attention, Balance and Compassion (Inner Kids)

Susan Keiser Greenland

<https://www.youtube.com/watch?v=LpMvTTlr2p4>

“Settle Down, Pay Attention, Say Thank You: A How-to”

Kristen Race

<https://www.youtube.com/watch?v=Awd0kgxcZws>

All it takes is 10 mindful minutes (Headspace)

Andy Puddicombe

http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes.html

The Practice of Mindfulness

Diana Winston

<https://www.youtube.com/watch?v=oMlaSCxZPN4>

Role of Mindfulness in Education

Jon Kabat Zinn

<https://www.youtube.com/watch?v=fEINtdXlqns>

How Meditation can Reshape our Brain

Sara Lazar

<https://www.youtube.com/watch?v=m8rRzTtP7Tc>

Mindfulness Starts with the Body: A View from the Brain

Catherine Kerr

<https://www.youtube.com/watch?v=AGnGRgyLwMs>

Mindfulness and Neural Integration

Dan Siegel

<https://www.youtube.com/watch?v=LiyaSr5aeh0>

Want to be happier? Stay in the moment

Matt Killingsworth

http://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment.html

The Habits of Happiness

Matthieu Ricard

http://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness.html

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