

## **Mindfulness Resources:**

### Where to find help developing a Mindfulness practice:

<http://www.mindfulschools.org/>

Online courses on mindfulness and curriculums they have developed

<http://palousemindfulness.com/>

Online free eight week course based on Mindfulness Based Stress Reduction (MBSR) as developed by Jon Kabat-Zinn (Get a group together to do this and then have opportunities to talk about what you are experiencing.)

### Books and Articles on Mindfulness:

*The Way of Mindful Education* by Daniel Rechtschaffen

*The Mindful Education Workbook: Lessons for Teaching Mindfulness for Students* by Daniel Rechtschaffen

*Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything* by Deborah Schoeberlein David MEd and Suki Sheth

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolk, M.D. (Chapter 4 on the brain)

<http://leftbrainbuddha.com/teaching-mindfulness-to-teens-5-ways-get-buy/>

<http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>

### Websites:

<http://mindfulnessforteens.com/>

Videos about mindfulness, guided practices, and other resources

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

Happify video

<http://www.mindfuled.org/>

Videos from their yearly conferences with talks from experts on Mindfulness and Mindfulness in Education

<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Guided meditation practices