

The Mindful Classroom
2015 SHAPE America Convention
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Some books you may want to check out:

Mindfulness basics:

Full Catastrophe Living by Jon Kabat-Zin

Wherever You Go There You Are by Jon Kabat-Zin

The Miracle of Mindfulness by Thich Nhat Hanh

Brain development and mindfulness:

The Whole Brain Child by Dan Siegel (the developing brain of children)

Brainstorm by Dan Siegel (the developing brain of adolescents)

Buddha's Brain by Rick Hanson

Mindfulness activities for children:

Sitting Still Like a Frog: Mindfulness Exercises for Children (and Their Parents) by Eline Snel

Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh

Mindfulness for teachers:

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

Mindfulness curricula:

Mind UP by the Hawthorn Foundation

Workbooks for grades PreK-2, 3-5, 6-8

Mindful Schools: available only through the training program: mindfulschools.org.

Curricula for K-5 and 6-12

Learning to BREATHE by Patricia Broderick

Designed for adolescents

Positive emotions and gratitude:

Positivity by Barbara Fredrickson

Thanks by Robert Emmons

The stress response and relaxation:

Why Zebras Don't Get Ulcers by Robert Sapolsky

The Relaxation Response by Herbert Benson