

The Mindful Classroom
2015 SHAPE America Convention
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Research studies (organized by year of publication):

Waters, L., Barsky, A., Ridd, A., & Allen, K. (2015). Contemplative education: A systematic, evidence-based review of the effect of meditation interventions in schools. *Educational Psychology Review*, 27, 103-134.

** *Nice review of current literature*

Bluth, K., Campo, R. A., Pruteanu-Malinici, S., Reams, A., Mullarkey, M., & Broderick, P. C. (2015). A school-based mindfulness pilot study for ethnically diverse at-risk adolescents. *Mindfulness*. Advance online publication. doi: 10.1007/s12671-014-0376-1

** *This study utilized the Learning to BREATHE curriculum.*

Schonert-Reichl, K.A., Oberle, E., Lawlor, M.S., Abbott, D., Thomson, K., Oberlander, T., Diamond, A. (2015). Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized controlled trial. *Developmental Psychology*, 51(1), Jan 2015, 52-66.

** *This study utilized the Mind UP curriculum.*

Zoogman, S., Goldberg, S. B., Hoyt, W. T., Lisa Miller, L. (2015). Mindfulness Interventions with Youth: A Meta-Analysis. *Mindfulness*, 6, 290-302.

Black, D. S. & Fernando, R. (2014). Mindfulness training and classroom behavior among lower-income and ethnic minority elementary school children. *Journal of Child and Family Studies*. 23, 1242-1246.

** *This study utilized the Mindful Schools curriculum.*

Davidson, R. J., Dunne, J., Eccles, J. S., Engle, A., Greenberg, M., Jennings, P., . . . Vago, D. (2012). Contemplative practices and mental training: Prospects for American education. *Child Development Perspectives*, 6(2), 146-153.

Greenberg, M. T., & Harris, A. R. (2012). Nurturing mindfulness in children and youth: Current state of research. *Child Development Perspectives*, 6(2), 161-166.

Flook, L., Smalley, S. L., Kitil, M. J., Galla, B. M., Kaiser-Greenland, S., Locke, J., . . . Kasari, C. (2010). Effects of mindful awareness practices on executive functions in elementary school children. *Journal of Applied School Psychology*, 26(1), 70-95.

Broderick, P. C., & Metz, S. (2009). Learning to BREATHE: A pilot trial of a mindfulness curriculum for adolescents. *Advances in School Mental Health Promotion, 2*(1), 35-46.

** *This study utilized the Learning to BREATHE curriculum.*

Burke, C.A. (2010). Mindfulness-based approaches with children and adolescents: A preliminary review of current Research in an emergent field. *Journal of Child and Family Studies, 19* (2), 133-144

See the Greater Good website for a summary of mindfulness in education research:

http://greatergood.berkeley.edu/article/item/mindfulness_in_education_research_highlights

http://greatergood.berkeley.edu/article/item/research_round_up_school_based_mindfulness_programs