

The Mindful Classroom  
2015 SHAPE America Convention  
Heidi V. Freeman, MA, PhD

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 Hawn Foundation

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

*Mindful Schools*: available only through the training program: [mindfulschools.org](http://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