

Mindfulness Resources for MCPS Teachers, Staff, and Community Members

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| <p>MCPS Resources and PDO Classes</p> | <ul style="list-style-type: none"> ● MCPS Be Well 365 (scroll down to view Mindful Moment Video Series) ● MCPS Mindful Mondays (Free online meditation sessions every Monday at 5pm; click to receive details.) ● <i>Due to current circumstances, Spring and Summer PDO is on hold pending guidance from the Governor and MSDE.</i> |
| <p>Articles</p> | <ul style="list-style-type: none"> ● Feeling Overwhelmed? Remember “RAIN” by Tara Brach ● Cultivating Mindfulness for Educators, NYTimes ● Mindfulness Resources, Edutopia ● 31+ Ways of Teaching Mindfulness in Schools ● Mindfulness in Education, Mindful Magazine |
| <p>Apps</p> | <ul style="list-style-type: none"> ● Insight Timer ● Stop, Breathe & Think ● Headspace for Educators (FREE for Educators) ● Calm ● 10% Happier |
| <p>Books</p> | <ul style="list-style-type: none"> ● 10% Happier by Dan Harris ● Meditation for Fidgety Skeptics, by Dan Harris ● Radical Acceptance by Tara Brach ● I am Peace - A Book of Mindfulness, by Peter Reynolds (children’s book) ● A Handful of Quiet - Happiness in Four Pebbles, by Thich Nhat Hanh (children’s book) |
| <p>Educational Activities</p> | <ul style="list-style-type: none"> ● Mindful Games Activity Cards ● 50 Mindfulness Activities ● 18 Mindfulness Activities for the Classroom |
| <p>Local Community Resources</p> | <ul style="list-style-type: none"> ● www.INAwellness.com ● www.CreateCalm.org ● The Mindfulness Center (Bethesda) ● Meditation Museum (Silver Spring and Tysons) ● Meditation Sessions with Tara Brach |

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| Mindfulness in Athletics | <ul style="list-style-type: none"> • Meditation in Sports • Headspace for Athletes |
| Podcasts | <ul style="list-style-type: none"> • 10% Happier • Positive Routines • Best Mindfulness Podcasts |
| Studies/Research | <ul style="list-style-type: none"> • Davis, Daphne M., PhD, and Jeffrey A. Hayes, PhD. (2012, July/August). "What are the benefits of mindfulness." American Psychological Association. • Powell, Alvin (2018, April 9) "When science meets mindfulness." The Harvard Gazette. • Riope, Leslie. (2019, September 7). "Mindfulness and the Brain: What Does Research and Neuroscience Say?" Positive Psychology. • Bullock, Grace B, PhD. (2019, October 14). "Mindfulness for Middle Schoolers." • Bauer, C. C. C., Caballero, C., Scherer, E., West, M. R., Mrazek, M. D., Phillips, D. T., Whitfield-Gabrieli, S., & Gabrieli, J. D. E. (2019). "Mindfulness training reduces stress and amygdala reactivity to fearful faces in middle-school children." Behavioral Neuroscience, 133(6), 569–585. • Mindful Schools has also aggregated a lot of the current research on mindfulness, and has synthesized the information on their website: click here to view. |
| Videos | <ul style="list-style-type: none"> • Flocabulary Mindfulness/Meditation Video • Flocabulary Self-Compassion Video • Goldie Hawn on Mindfulness and Mind UP curriculum • YouTube mindfulness for kids channel • GoNoodle Breathing Videos |
| Websites | <ul style="list-style-type: none"> • Mindful Schools • Association for Mindfulness in Education • Yoga For Youth • Holistic Life Foundation • Mindfulness in Schools |