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Mindful Schools (online courses +  
resources for educators)

Mindfulness in Schools Project;

The Guardian Teacher Network;

Dr. Dan Siegel (great resources  
for parents and teachers of teens!)

Mindful Parenting; American

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everything you need for teaching mindfulness in the classroom! The Mindfulness in the Classroom Activity Pack includes: a teacher guide; fun breathing exercises; mantra cards with positive affirmations; mindfulness display posters; links to videos

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values-based teaching:  
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Song Playlists. Video Playlists.

Mindful Teachers: Teaching  
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printable Mindfulness Information Sheet for Teachers; Tips for Using Guided Meditations blog post; Additional Mindfulness Teaching Resources. In addition to the professional support offered by the resources above, here are some more printable resources

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An up-to-date list of key MBCT resources: books, journal articles and websites, to support both study and practice. Follow the link below to view and download as a PDF.



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- Oxford Mindfulness Centre

There are many self-guided mindfulness resources available to guide you through different mindfulness exercises. Apps, books and CDs are typically less

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There's no formal regulation of self-help resources and they vary greatly in quality and cost, so it can be hard to judge what might work for you.

How to learn mindfulness | Mind,  
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the mental health charity ... Mindfulness Activities for Kids. To introduce the idea of mindfulness more directly to your kids, you can use exercises that encourage them to tune into their senses. Make a game out of eating a snack very slowly, savoring the smell, texture,

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Mindfulness for Kids - Mindful Spidey Senses is a fun way to frame this traditional mindfulness exercise. Our five senses poster and graphic organiser can be useful resources for teaching the

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senses to younger students. Ask students to switch their senses up to a superpower level, just like Spiderman.

5 Minute Classroom Mindfulness Activities | Mindfulness ...

To ensure that you are using

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technology to your advantage when it comes to teaching children mindfulness, give some of these resources a try. Mindfulness for Children: Meditations for Kids This is an application that can be downloaded through the Android app store, iTunes, Google Music,

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25 Fun Mindfulness Activities for Children and Teens (+ Tips!)  
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it means to be mindful. Product  
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specific expectations are  
addressed? Students will really

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enjoy reflecting on their learning  
with these 28 different Mindful  
thinking cards/tickets!

Mindfulness | Teaching Resources  
Mindfulness Teaching  
Fundamentals 3 Course Structure  
The course is comprised of 20

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lessons. Each lesson will include information on the content area, activities and reflection questions. Each lesson has accompanying worksheets with supplemental information, journaling, and tools for your learning.

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The Guardian Teacher Network has resources to help introduce mindfulness to young people at school (and at home) and to help them develop some essential life skills. The most delicious way to

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How to teach ... mindfulness |  
Teacher Network | The Guardian  
Established by teachers from  
amongst the country ' s most  
successful schools, Mindfulness in  
Schools Project (MiSP) aims to

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improve the lives of children by making a genuine, positive difference to their mental health and wellbeing. With a decade ' s worth of experience, our charity is the most established provider of mindfulness training and curricula for schools. 350,000 primary and

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Mindfulness in Schools Project (MiSP) | Bringing ... Mindfulness. A teacher-facing resource which provides three meditation scripts for students to practise in the classroom:

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breathing; walking; eating. This resource was written to accompany Adrian Bethune's article, 'Mindfulness: practical strategies for students'.



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