MENTAL HEALTH IN SCHOOLS LEARNING SERIES
Recovery Strand

Mindfulness: Using Present Moment Awareness to Promote Wellness, Presented by Erin Hurley

Webinar Summary:
This session will give a general overview of mindfulness-based practices and how they can be incorporated within the MTSS framework.

Resources:

Books for Younger Students:

- I Am Yoga
- I Am Peace
- Peaceful Piggy Meditation
- Moody Cow Meditates
- Anh's Anger
- What Does it Mean to Be Present?
- Mindful Monkey, Happy Panda
- Puppy Mind
- A Handful of Quiet
- Visiting Feelings
- Breathe Like a Bear

Books for Older Students:

- The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time
- A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions
- The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace
- Who You Are
- Mindfulness for Teen Worry
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Books for Educators/Parents:

- The Whole-Brain Child
- Brainstorm
- The Mindful Child
- SPARK!
- Yoga for Children
- Best Practices for Yoga in Schools
- Classroom Yoga Breaks
- Mindfulness and Yoga in Schools
- Mindfulness for Teachers

Helpful Organizations and Websites:

- Minds
- Holistic Life Foundation
- Mindful Schools
- Association for Mindfulness in Education
- Cultivating Awareness and Resilience in Education
- Yoga 4 Classrooms
- YoKid
- CASEL: Collaborative for Academic, Social, and Emotional Learning
- The Aware Teacher: Bringing Reflection and Mindfulness to Our Schools

References:

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Discussion Guide:

- What is one way that you plan to integrate mindfulness into your work with students this year?
- How do mindfulness practices relate to the CASEL core competencies?
- How might mindfulness look within a Multi-Tiered System of Support? Give examples for Tier One, Tier Two, and Tier Three interventions.
- What is a new resource that you discovered during this presentation?
- How can you apply mindfulness to your own self-care regimen?