

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:

- Butzer, B., Bury, D., Telles, S., & Khalsa, S. B. S. (2016). Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services, 11*(1), 3-24.
- Cook-Cottone, C. (2017). *Mindfulness and Yoga in Schools*. New York: Springer Publishing Company, LLC.

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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?