

Mindfulness in Education Resources

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Mindfulness in Education Organizations

Mindful Schools: www.mindfulschools.org

Mission Be: www.missionbe.org

Bent on Learning: <http://bentonlearning.org>

Mindfulness in Schools: <http://mindfulnessinschools.org>

MindUp: <http://thehawnfoundation.org/mindup/>

Book Recommendations

“Building Emotional Intelligence” by Linda Lantieri

“The Whole Brain Child” by Daniel Siegel

“A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions” by Amy Saltzman

“Mindfulness For Teachers: Simple Skills for Peace and Productivity in the Classroom” by Patricia Jennings

“Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance” by Jennifer Cohen Harper

“The Way of Mindful Education” by Daniel Rechtschaffen

“Sitting Still like a Frog” by Eline Schnel

“Mindful Monkey Happy Panda” by Lauren Alderfer

Videos

[Room to Breathe](#)

[Habits of a Healthy Mind](#)

[Aliza and the Mind Jar](#)