

Mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judgment or belief that there is a correct or incorrect way to think or feel. According to research, mindfulness, when practiced in classrooms, reduces behavior problems and aggression among students and improves their happiness levels and ability to pay attention.

**70%**

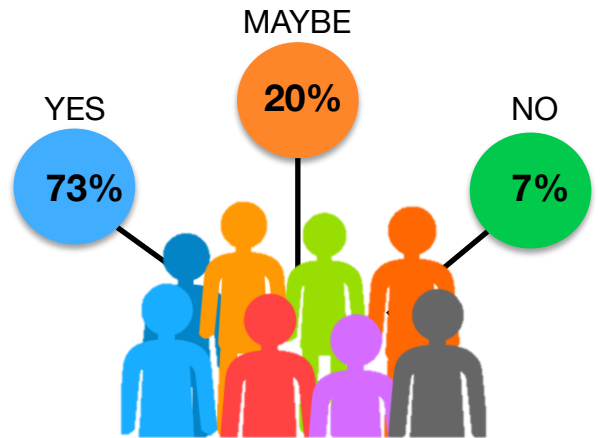
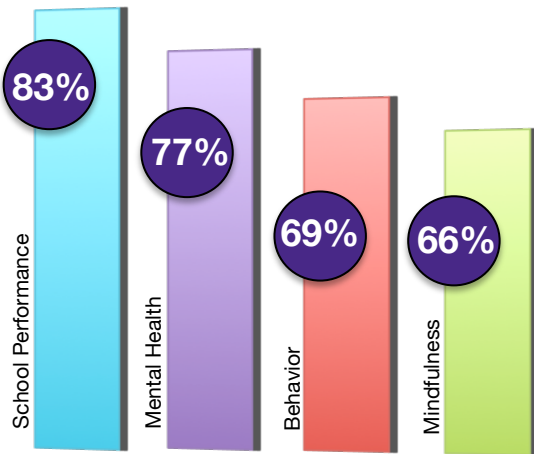
of teachers support mindfulness education

of teachers feel the lack of funding and time are barriers

**53%**

## SIGNIFICANT IMPROVEMENTS

Improvements were seen related to mindfulness programming. **83%** of schools reported **higher GPA's** and grades or **greater school engagement**.



Teachers Reported

## DO YOU THINK A MINDFULNESS PROGRAM WOULD BE USEFUL TO YOUR STUDENTS?

### APPS

- *Headspace*: Subscription with 10 day trial
- *Mindfulness for Children*: \$4.99, (Child-focused)
- *Buddify*: \$4.99, (Mindfulness & Meditation)
- *Calm*: Free, (Easy-to-Use Interface)
- *Smiling Mind*: Free, (Designed by Age Group)
- *Mindful Life Project*: Free, (Various Options)

### WEBSITES

- MindfulTeachers.org
- GoNoodle.com
- The Mindful Awareness Research Center: marc.ucla.edu
- ChopraCenterMeditation.com
- Jon Kabat-Zinn YouTube Videos

### BOOKS

- Jon Kabat-Zinn: *Wherever You Go There You Are, Full Catastrophe Living, Arriving at Your Own Door, Guided Mindful Meditation Audiobook Series*
- Pema Chödrön: *Don't Bite the Hook: Finding Freedom from Anger, Resentment and Other Destructive Emotions*
- Dan Siegel: *The Mindful Brain*
- Patricia Jennings, Dan Siegel: *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*
- Daniel Rechtschaffen: *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*

### PROGRAMS

- Mind Up: mindup.org
- The Mindful Education: mindfuleducation.com
- Inner Explorer: innerexplorer.org