**Resources**

**For you!**

**Mindful Teaching and Teaching Mindfulness**- Deborah Schoeberlen David

**Calming Your Anxious Mind**- Jeffrey Brantley and John Kabat-Zinn

**The Mind UP Curriculum**- various authors- broken up by grade level (K-2, 3-5, 6-8) and very scripted.

**Mindful Schools- on line training- mindful fundamentals-** training offered every 6 weeks. Then **mindful educators essentials-** access to everything forever- also offer a **difficult emotions training**.

**Ellie Kleinman**- College Gardens ES- [Eleanor\_d\_Kleinman@mcpsmd.org](mailto:Eleanor_d_Kleinman@mcpsmd.org)- another MCPS counselor resource ☺

**For you, the kids, and parents!**

**Sitting Still Like a Frog**- great readings, activities, and a cd with practices

**Mindful Movements**- explains each movement and provides a cd to show them

**Anxiety-Free Kids**- Bonnie Zucker, Psy.D- awesome ideas for parents, counselors, and great activities/programs for kids- easy to read and follow.

**Indigo Dreams**- calming/relaxation cd for parents/kids at home, also to use in your office.

**The Moody Cow**- book that also has a mindful jar recipe.

**Calm.com-** free meditation app for use in classrooms (calm.com/schools), your office, home, etc.

**GoZen.com**- website

**Stop, breathe, and think** (app store)

**Other suggestions-** Mints, mindfulness jar, mindful bell, bubbles, balloons, play doh/thinking putty, calm down center, hoberman sphere/breathing ball, essential oils (rosemary or lemon) or a diffuser (thank you Vicki Leahy- Jones- counselor at North Chevy Chase ES- and another mindfulness resource! ☺)