

# “Mindfulness Made Simple” Resources

## Apps

### Calm

Calm: Meditation to Relax, Focus & Sleep. Calm.com, Inc., 2017. Vers. 3.5.1. Apple App Store, <https://www.apple.com/itunes/>

### Headspace

Headspace mediation limited. Headspace.com, 2017. Vers. 3.0.3 Apple App Store, <https://www.apple.com/itunes/>

### 10% Happier

10% Happier Inc. 10percenthappier.com, 2017. Vers. 4.2.1 Apple App Store, <https://www.apple.com/itunes/>

## Texts

Marzano Research. Iberlin, Jeanie. Cultivating Mindfulness in the Classroom, Marzano Research, 2017.

Nhat Hanh, Thich. Mindful Movements: Ten Exercises for Well-Being, Parallax Press, 2008.

Roberts, Lisa. Breathe, Chill, 2014.

Srinivasan, Meena. Teach Breathe Learn: Mindfulness in and out of the classroom. Parallax Press, 2014.

The Hawn Foundation, The Mindup Curriculum Grades 3-5, Scholastic, 2011.

The Hawn Foundation, The Mindup Curriculum Grades 6-8, Scholastic, 2011.

## Websites/Blogs

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<http://www.dotbe.org>

Calm

<https://www.calm.com/>

Child Mind Institute

<https://childmind.org/>

## Websites/Blogs (continued)

Calmer Choice

<http://www.calmerchoice.org/>

Getting Smart

<http://www.gettingsmart.com/2016/07/cultivating-mindfulness-in-the-classroom/>

Left Brained Buddha

<http://leftbrainbuddha.com/>

International Coach Federation

<https://coachfederation.org/blog/index.php/4764/>

Mindful Practices

<http://mindfulpracticesyoga.com/>

Mindful.org

<https://www.mindful.org/>

Mindfulness for Teens

<http://mindfulnessforteens.com/>

Peace In Schools

<https://www.peaceinschools.org/>

Smiling Mind

<https://smilingmind.com.au/>

SoundCloud.com

<https://soundcloud.com/susankaisergreenland/just-like-me>

The Learning by Heart: Mindfulness in the Classroom

<https://heartoftheclassroom.wordpress.com/>



### Questions or Comments:

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