



Library Support Services

PATHFINDER



Mindfulness/pleine conscience

2022

This is a guide to resources in **French and English** currently available at Library Support Services on **Mindfulness**. To borrow these resources, email LSS staff at wlsslibrary@wsd1.org or phone 204-788-0203. These resources may also be booked online by clicking the image of a resource or its title in this pathfinder, then selecting the **Place Hold** button and logging in to the catalogue.

Winnipeg School Division (WSD) introduced mental health and wellness initiatives to prevent and reduce anxiety in children and youth. The need was clearly identified in the WSD's "Tell Them From Me" student survey. About 20 percent of all students from grade 4 to 12 reported intense feelings of fear, anxiety and worry; and, about 20 percent of all students in grade 7 to 12 reported prolonged periods of feeling sad, discouraged and inadequate.

Mindfulness is an approach to support student well-being and focus awareness. As students learn to recognize the signs of stress or anxiety, they can apply mindfulness techniques to help them adjust their responses. Through regulating their breath and becoming aware of their reactions, students can return to a focused state, ready to learn. The resources included in this pathfinder include materials on mindfulness for students, as well as materials for classroom teachers, school counsellors, and clinicians.

SEARCH TERMS:

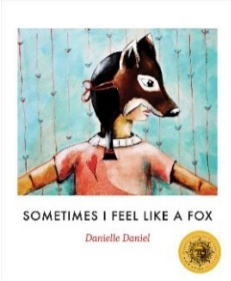
Keywords: mind-up, mindfulness, pleine conscience, stress reduction, yoga,

Subject Headings: awareness, cognitive therapy, meditation, mind and body, mindfulness-based, reflective teaching, stress management

See also: [Mind Up Curriculum Resources pathfinder](#)



BOOKS FOR STUDENTS

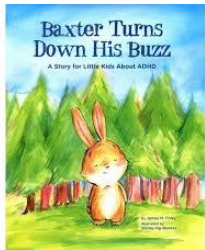


E DAN

Daniel, Danielle. [Sometimes I feel like a fox](#). Toronto: Groundwood Books, 2015.

Twelve young speakers explain how they would move and sense the world around them, as they identify with a forest animal, such as a fox, deer, beaver or moose. The author includes a simple introduction to the Anishinaabe tradition of clan animals.

Audience: Kindergarten and up



E FOL

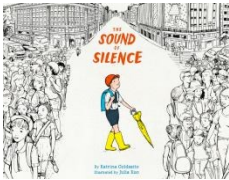
Foley, James M. [Baxter turns down his buzz: a story for little kids about ADHD](#).

Washington, DC: Magination Press, 2016.

A high-energy rabbit that must learn to control his activity level and impulsiveness.

Techniques such as mindfulness, progressive relaxation, and visualization are employed.

Audience: Kindergarten to grade 4

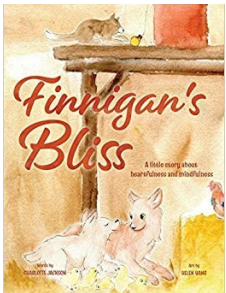


E GOL

Goldsaito, Katrina. [The sound of silence](#). New York: Little, Brown and Company, 2016.

Yoshio delights in the everyday sounds of Tokyo, but when a musician tells him that her favorite sound is ma, the Japanese word for silence, Yoshio sets out to hear this sound for himself among the hustle and bustle of the city. Includes information on the Japanese concept of ma.

Audience: Kindergarten and up

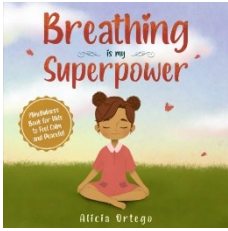


E JAC

Jackson, Charlotte. [Finnigan's bliss](#). Victoria, B.C.: Tellwell Talent, 2018.

Finnigan is a little goat who delights in all of life's blissful moments ... until one day, when something does not go his way! Luckily, little Finnigan meets someone special who teaches him how to best handle his emotions and recognize the bright side of a challenging day.

Audience: Kindergarten to grade 3



E ORT

Ortego, Alicia. [Breathing is my superpower](#). New York: Alicia Ortego, 2020.

For most parents, helping their child deal with anger is at the top of the list. Breathing is my Superpower teaches children to regulate their emotions, especially if they are feeling upset, angry, or stressed.

Audience: Kindergarten and up.

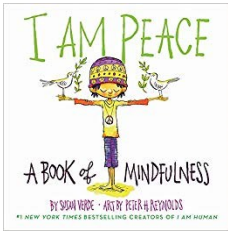
E VER

Verde, Susan. [I am peace: a book of mindfulness](#). New York: Abrams Books for Young Readers, 2017.

A child starts to get carried away with worry and rushing thoughts before taking a breath, steadying, observing thoughts, feeling kindness, feeling thankful, and experiencing the world

Also available in an [eBook](#)

Audience: Kindergarten and up

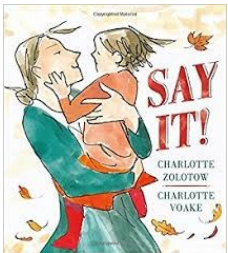


E ZOL

Zolotow, Charlotte. [Say it!](#) Somerville, MA: Candlewick Press, 2015.

It's a golden, windy autumn day, and a mother and daughter set out walking among the swirling leaves. As they wend their way, they are mindful of sharing little adventures of: spying a kitten, seeing the trees zigzag with streaks of color, catching some floating milkweed, watching the setting sun color the clouds.

Audience: Nursery to grade 3

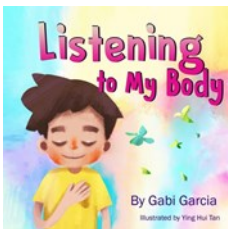


J 150 GAR

Garcia, Gabi. [Listening to my body: a guide to helping kids understand the connection between their sensations \(what the heck are those?\) and feelings so that they can get better at figuring out what they need](#). Austin, Texas: Take Heart Press, 2017.

Help your child build on their capacity to engage more mindfully, self-regulate and deepen their sense of well-being.

Audience: Kindergarten to grade 4

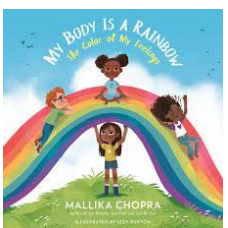


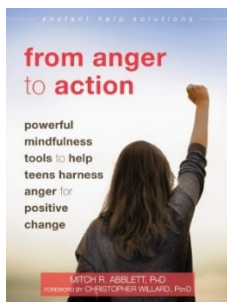
J 152.4 CHO

Chopra, Mallika. [My body is a rainbow: the color of my feelings](#). Philadelphia: Running Press Kids, 2021.

This book teaches children to connect colors with their feelings, intending to increase physical and emotional awareness. The author leads readers through each color of the rainbow, offering a directed meditation with corresponding actions, including deep breathing and placing a hand on each relevant body part while speaking affirmations.

Audience: Kindergarten and up



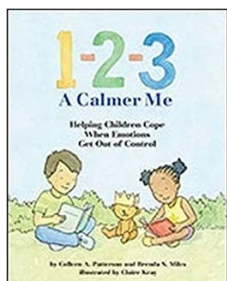


J 152.47 ABB

Abbett, Mitch. [From anger to action: powerful mindfulness tools to help teens harness anger for positive change](#). Oakland, CA: Instant Help Books, Inc., 2019.

Being a teen in today's world is not easy, and there are plenty of reasons to feel angry. You are not alone, and your emotions are normal and valid. With this powerful guide, you will learn to understand your anger, 'listen' to what it is telling you, and effectively manage it so you can reach your highest goals.

Audience: Grades 7 and up

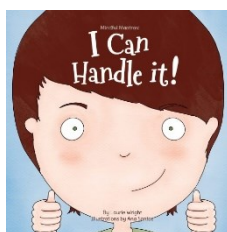


J 152.47 PAT

Patterson, Colleen A. [1-2-3 a calmer me: helping children cope when emotions get out of control](#). Washington, DC: Magination Press, 2016.

A young girl learns a technique for dealing with anger--and it works.

Audience: Kindergarten to grade 4

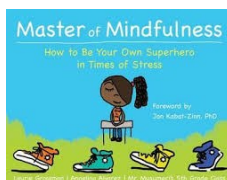


J 155.4124 WRI

Wright, Laurie. [I can handle it!](#) Calgary, AB: Laurie Wright, 2019.

Can Sebastien handle his problems? Of course he can, with the help of a mindful mantra!

Audience: Kindergarten to grade 4.

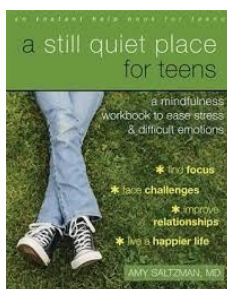


J 155.418 GRO

Grossman, Laurie M. [Master of mindfulness: how to be your own superhero in times of stress](#). Oakland, CA: Instant Help Books, Inc., 2016.

Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. This book is written for kids, by kids, and includes cool illustrations and tips to show you how to be confident, get focused, stay calm, and tap into your own inner strength.

Audience: Grades 3 and up

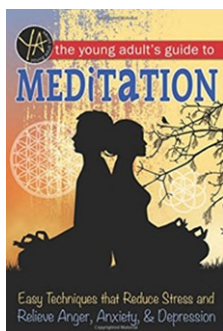


J 155.9042 SAL

Saltzman, Amy. [A still quiet place for teens: a mindfulness workbook to ease stress & difficult emotions](#). Oakland, California: Instant Help Books, 2016.

Being a teen in today's fast-paced, media-saturated world is difficult and it is easy to get overwhelmed or stressed out. This breakthrough workbook will help you balance your emotions, stay focused, and experience the natural quietness that lives within you.

Audience: Grades 7 and up

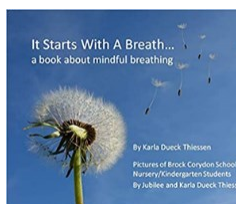


J 158.12 YOU

[The young adult's guide to meditation: easy techniques that reduce stress and relieve anger, anxiety, & depression](#). Ocala, FL: Atlantic Publishing Group, 2016.

In a simple step-by-step format, this book helps beginners increase focus and decrease stress through the art of meditation, a natural way to ease stress, focus the mind, and balance life.

Audience: Grades 7 and up



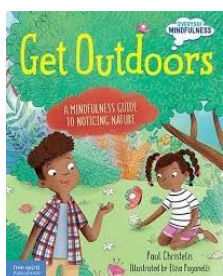
J 158.13 THI

Thiessen, Karla Dueck. [It starts with a breath: a book about mindful breathing](#).

Winnipeg, Manitoba: Sacred Space Publishing, 2019

Through simple rhythmic poetry and relatable pictures, the author and her nursery/kindergarten students at Brock-Corydon School demonstrate the benefits and ease of mindful breathing.

Audience: Kindergarten to grade 6

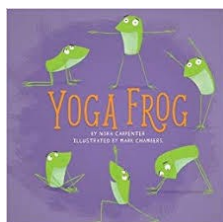


J 508.0723 CHR

Christelis, Paul. [Get outdoors: a mindfulness guide to noticing nature](#). Minneapolis, Minnesota: Free Spirit Publishing, 2018.

Two siblings take a mindfulness approach to investigating and enjoying nature through their senses.

Audience: Kindergarten and up.

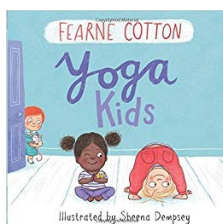


J 613.7046 CAR

Carpenter, Nora. [Yoga frog](#). Philadelphia: RP Kids, 2018.

A mindful, meditative frog introduces readers to a series of yoga poses, from warming up to cooling down. Perfect for starting the day or preparing for bed.

Audience: Kindergarten and up



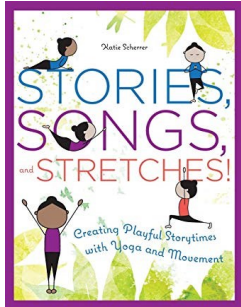
J 613.7046 COT

Cotton, Fearne. [Yoga kids](#). Hauppauge, NY: Barron's Educational Series, Inc., 2018.

Meet the Yoga Kids and have fun, relax, and learn a thing or two! Colourful pages are filled with simple stretches and many fun examples of yoga poses that anybody can do. This book is not meant to be a "how-to" guide.

Audience: Kindergarten to grade 2

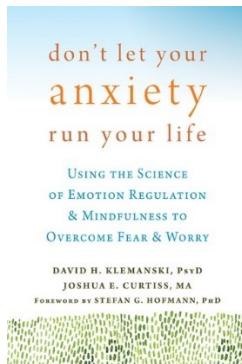
BOOKS FOR EDUCATORS



027.6251 SCH

Scherrer, Katie. [Stories, songs, and stretches!: creating playful story times with yoga and movement](#). Chicago: ALA Editions, 2017.

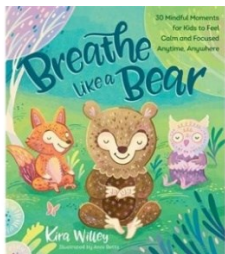
Young children love to move - and that is a great thing! Because in addition to supporting early learning, story time can provide young children with opportunities to explore physical movement. it can offer physical, emotional, and mental benefits to practitioners of all ages, including young children.



152.46 KLE

Klemanski, David H. [Don't let your anxiety run your life: using the science of emotion regulation and mindfulness to overcome fear & worry](#). Oakland, Calif.: New Harbinger Publications, 2016.

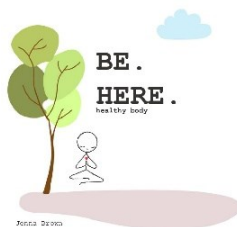
Anxiety is an epidemic in our modern world. But studies now show there is a direct link between anxiety and how you respond to emotions. Don't Let Your Anxiety Run Your Life provide a ground-breaking, step-by-step guide for managing the thoughts and feelings that cause anxiety, worry, fear, and panic.



155.4182 WIL

Willey, Kira. [Breathe like a bear: 30 mindful moments for kids to feel calm and focused anytime, anywhere](#). Emmaus, PA: Rodale Kids, 2017.

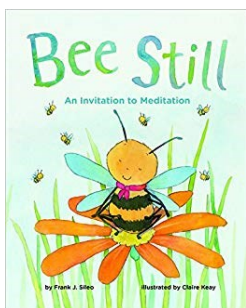
Provides thirty exercises to help readers find calm, gain focus, and feel energized during the day, and encourages establishing a consistent mindfulness practice at home and on the go.



158.128 BRO

Jenna Brown. [Be here](#). Manitoba, Canada: Jenna Brown, 2017.

This is a mindfulness script book for teachers to read to their students. You will be guided through a variety of strategies including breathing, a body scan, a guided imagery and a movement exercise. Each will help calm your body and allow you to be present in the moment.

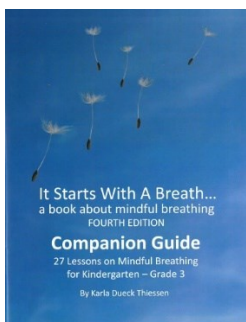


J 158.128 SIL

Sileo, Frank J. [Bee still: an invitation to meditation](#). Washington, DC: Magination Press, American Psychological Association, 2018.

Bee Still is a child-friendly introduction to meditation.

Audience: Kindergarten to grade 3.

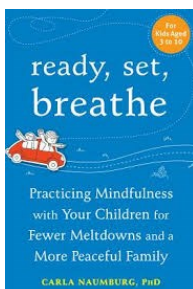


158.13 THI

Thiessen, Karla Dueck. [It starts with a breath...: a book about mindful breathing companion guide: 27 lessons on mindful breathing for kindergarten - grade 3](#).

Winnipeg, Manitoba: Sacred Space Publishing, 2019

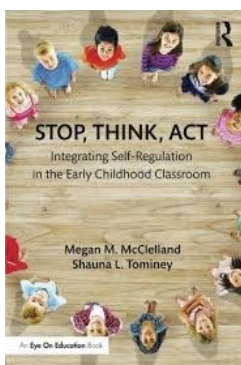
Companion guide is designed to be used alongside It starts with a breath... a book about mindful breathing. Each practical lesson includes an overview for parents and educators about the foundations of breath practices as well as quick and easy breathing exercises to do with children.



306.874 NAU

Naumburg, Carla. [Ready, set, breathe: practicing mindfulness with your children for fewer meltdowns and a more peaceful family](#). Oakland, California: New Harbinger Publications, 2015.

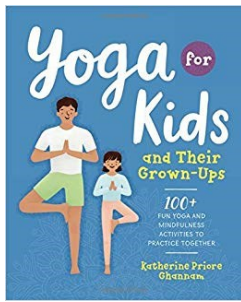
In Ready, Set, Breathe, a clinical social worker and mother of two shows parents how to improve both their child's and their own ability to focus, calm down, and deal with stress through everyday mindfulness games, activities, rituals, and habits. Designed for children ages 2-10 years old, this book is fun, engaging, and effective!



372.21 MCC

McClelland, Megan. [Stop, think, act: integrating self-regulation in the early childhood classroom](#). New York: Routledge, Taylor & Francis Group, 2016.

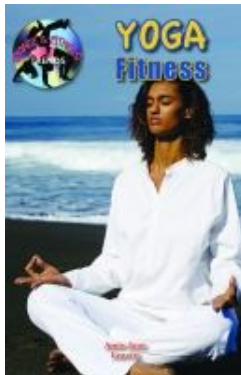
Offers early childhood teachers the latest research and a wide variety of hands-on activities to help children learn and practice self-regulation techniques.



613.7046 GHA

Ghannam, Katherine Priore. [Yoga for kids and their grown-ups: 100+ fun yoga and mindfulness activities to practice together](#). Emeryville, California: Rockridge Press, 2018.

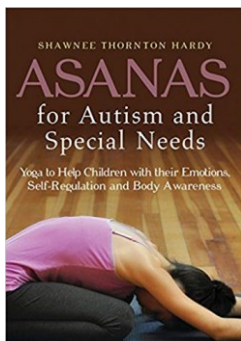
From down dog to walking meditations, “Yoga for Kids” provides everything you need to teach your child yoga and mindfulness techniques. With “Yoga for Kids” your child will learn healthy ways of playing with their bodies and with you.



613.7046 LEA

Leavitt, Amie Jane. [Yoga fitness](#). Hockessin, DE: Mitchell Lane Publishers, 2015.

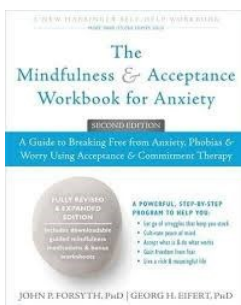
Yoga is a modern form of exercise that has its roots in ancient times-five thousand years ago. What do a pigeon, a cobra, and a downward facing dog have in common? – Yoga: the strengthening of body, mind, and spirit.



613.7046 THO

Hardy, Shawnee Thornton. [Asanas for autism and special needs: yoga to help children with their emotions, self-regulation, and body awareness](#). London, UK; Philadelphia, PA: Jessica Kingsley Publishers, 2015.

This how-to handbook gives parents, teachers, and yoga instructors step-by-step instruction to teach yoga poses to a child with autism or other special needs.



616.8522 FOR

Forsyth, John P. [The mindfulness and acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias, & worry using acceptance & commitment therapy](#). Oakland, CA: New Harbinger Publications, 2016.

Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You will discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you.

FRENCH



FR 158.1 DEW

Dewulf, David. [J'apprends à m'aimer avec Maeglin et ses amis](#). Louvain-la-Neuve: De Boeck, 2018.

Grâce à des exercices d'auto-compassion, votre enfant apprendra comment développer et renforcer son empathie, sa capacité de pardon ou son aptitude au bonheur.

Audience: Enseignants de maternelle à 6e année



FR 158.125 DEW

Dewulf, David. [Aider son ado grâce à la méditation](#). Louvain-la-Neuve: De Boeck, 2017.

Aujourd'hui, la pleine conscience est l'une des méthodes les plus utilisées pour faire face au stress. Conçu spécialement pour les adolescents et agrémenté de nombreux exemples et conseils pratiques liés à leur vécu, ainsi que de méditations guidées (CD audio) pour une mise en pratique immédiate.

Audience: Enseignants de 7e à 12e année

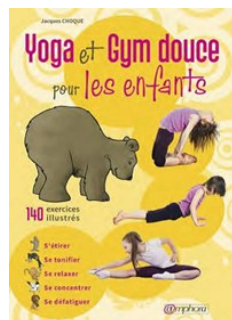


FR 158.128 BER

Bernard, Johanne. [J'ai rendez-vous avec le vent, le soleil et la lune: méditations pour les 7-12 ans](#). Paris: Éditions de La Martinière, 2016.

Pour les enfants, qui sont naturellement curieux, méditer est un formidable terrain de jeu. En se familiarisant peu à peu avec la méditation, l'enfant découvre que l'attention et la concentration se développent sans effort et de manière joyeuse.

Audience: Pour enseignants de 2e à 12e année



FR 613.7046 CHO

Choque, Jacques. [Gym douce pour les enfants: stretching et yoga: s'étirer, se tonifier, se relaxer, se concentrer, se défatiguer](#). Paris: Amphora, 2018.

Ce manuel pratique est spécifiquement adapté aux enfants de 5 à 13 ans. Jacques Choque propose 140 exercices, des enchaînements, des jeux de relaxation et de respiration, pour faciliter le déroulement d'une séance.

Audience: Enseignants de maternelle à 8e année



FR 613.7046 FLA

Flak, Micheline. [Le manuel du yoga à l'école: des enfants qui réussissent](#). Paris: Éditions Payot & Rivages, 2016.

Ce livre contient une trentaine d'exercices de yoga illustrés faciles à effectuer en classe. Une pratique qui, derrière l'apparente simplicité, apporte aux enfants et aux adolescents de nombreux bénéfices: confiance en soi, stabilité émotionnelle, capacité de se concentrer et de mieux assimiler le savoir, et la créativité.

Audience: Enseignants de maternelle à 12e année



FR 613.7046 GIA

Giammarinaro, Martine. [Yogito: un yoga pour l'enfant: guide pour les parents et les enseignants](#). Montréal, Québec: Les Éditions de l'Homme, 2015.

Adaptée aux besoins des jeunes, la pratique du yoga les aide à prendre conscience de leur corps et à en libérer les tensions, à éveiller leur esprit, à stimuler leur imagination et à favoriser leur relaxation. Destiné aux enfants de 6 à 14 ans, cet ouvrage propose des postures, des exercices de respiration et de relaxation.

Audience: Enseignants de 1re à 9e année



FR 613.7046 HAR

Harper, Jennifer Cohen. [Flower yoga: mon cours de yoga pour les enfants](#). Paris: Marabout, 2015.

Le programme Little Flower Yoga présenté dans ce livre vous propose d'allier yoga et pleine conscience pour l'aider à se sentir bien dans ses baskets et retrouver sa joie.

Audience: Enseignants de maternelle à 12e année



FR J 155.9042 DEW

Dewulf, David. [Mindfulness: la pleine conscience pour les enfants: confiance en soi, équilibre, maîtrise des émotions](#). Louvain-la-Neuve: De Boeck Supérieur, 2015.

Les enfants ont, comme les adultes, des difficultés, des défis à relever que ce soit à l'école, à la maison, avec leurs copains ... Destiné à leur apprendre à surfer sur les vagues de la vie, Cet ouvrage initie les la pleine conscience de façon complètement ludique.

Audience: Enseignants de maternelle à 6e année

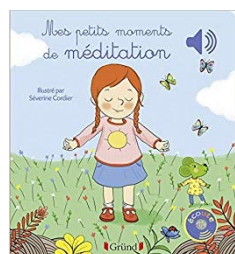


FR J 155.9042 SAL

Saltzman, Amu. [Petit guide de méditation pour ados](#). Louvain-la-Neuve: De Boeck Supérieur, 2017.

Ce guide t'explique les bases de la méditation et te propose de nombreuses activités pour t'aider à trouver ton propre havre de paix.

Audience: 7e à 12e année

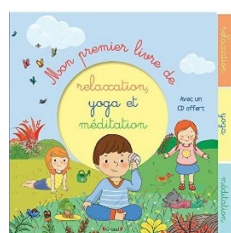


FR J 158.128 COU

Couturier, Stéphanie. [Mes petits moments de méditation](#). Paris: Éditions Gründ, 2017.

Appuie sur la puce et découvre tes premiers petits moments de méditation.

Audience: Maternelle à 2e année



FR J 158.128 COU

Couturier, Stéphanie. [Mon premier livre de relaxation, yoga et méditation](#). Paris: Éditions Gründ, 2017.

Au fil des pages et du CD, ce recueil propose 25 moments de calme. Les petits s'initier à la relaxation, à expérimenter leurs premières postures de yoga et à découvrir leurs premiers petits moments de méditation.

Paris: Éditions Gründ, 2017.

Audience:



FR J 158.128 NHA

Nhất Hạnh. Thich. [Quand je bouge, je médite: dix mouvements de pleine conscience](#). [Montréal]: Éditions jeunesse, 2018.

Nos enfants évoluent dans une société où la vitesse, le bruit, et l'omniprésence de la technologie font loi. Thich Nhat Hahn nous propose précieux outils pour qu'ils puissent grandir en confiance et évoluer en harmonie.

Audience: Maternelle à 6e année



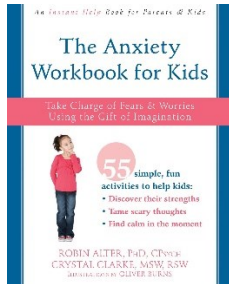
FR J 158.128 VER

Verde, Susan. [La méditation c'est pour moi: un livre sur la pleine conscience](#). Toronto, Ontario: Scholastic, 2018.

Je lâche prise. Je respire. Je vis le moment présent.

Audience: Maternelle à 4e année

eBooks

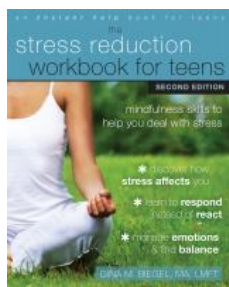


eBook

Alter, Robin C. [The anxiety workbook for kids: take charge of fears and worries using the gift of imagination](#). Oakland, CA: New Harbinger Publications, Inc., 2016.

With engaging CBT-based activities, games, and illustrations--and with a focus on imagination training and developing skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness--this book will help kids stand up to worry and harness the power of their imagination.

Audience: For use by adults with children in grade 2 and up

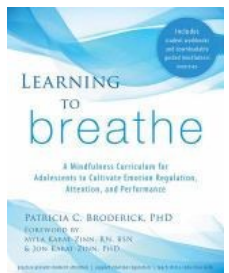


eBook

Biegel, Gina M. [The stress reduction workbook for teens: mindfulness skills to help you deal with stress](#). Oakland: New Harbinger Publications, 2017.

A collection of thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment.

Audience: Grade 7 and up

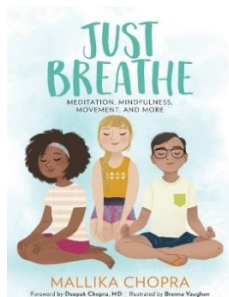


eBook

Broderick, Patricia C. [Learning to breathe: a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance](#). Oakland, CA: New Harbinger Publications, 2013.

A research-based curriculum for teachers and clinicians who are seeking ways to help improve behavior and bolster academic performance in adolescents. Drawing on a combination of mindfulness-based therapies, the brief interventions outlined in the book have a strong theoretical basis in both education and psychology, and are proven effective when it comes to dealing with adolescent students who act out in the classroom.

Audience: Teachers

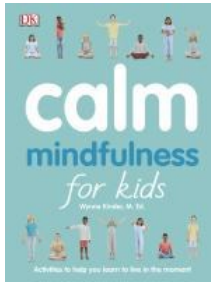


eBook

Chopra, Mallika. [Just breathe: meditation, mindfulness, movement, and more](#). Philadelphia: RP Kids, 2018.

A meditation guide for teens offers specific mindfulness exercises to help deal with day-to-day challenges and includes tips to lead a happier, healthier, and more connected life.

Audience: Grade 7 and up

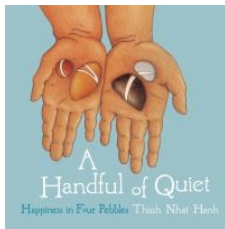


eBook

Kinder, Wynne. [Calm: mindfulness for kids](#). New York: DK Publishing, 2019.

Everything you need to know about focusing your child's mind to help them enjoy and appreciate things that they take for granted every day, while boosting their confidence and self-esteem. Each specially designed activity is flexible for each child's needs and inspires them to seek calmness and tranquility in all situations.

Audience: Kindergarten and up



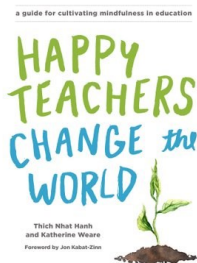
eBook

Nhất Hạnh. [A handful of quiet: happiness in four pebbles](#). Berkeley, CA: Plum Blossom Books, 2012.

Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature.

Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

Audience: Kindergarten and up.



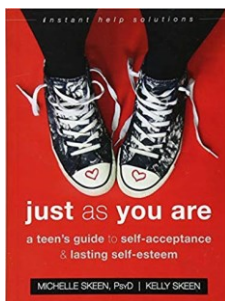
eBook

Nhất Hạnh. [Happy teachers change the world: a guide for cultivating mindfulness in education](#). Berkeley, California: Parallax Press, 2017.

The first official, authoritative manual of the Thich Nhat Hanh/Plum Village approach to mindfulness in education. The Plum Village approach stresses that educators must first establish their own mindfulness practice since everything they do in the classroom will be based on that foundation.

Also available in an [eAudiobook](#)

Audience: Teachers

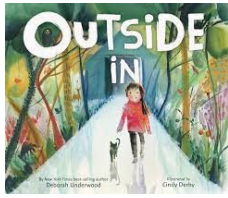


eBook

Skeen, Michelle. [Just as you are: a teen's guide to self-acceptance and lasting self-esteem](#). Oakland, CA: New Harbinger Publications, Inc., 2018.

"Stop comparing yourself to others--you're special just as you are!" That's the message the authors, instill in teen readers with this unique self-help guide. Teens will learn how to silence their nit-picky inner critic, overcome feelings of inadequacy and unworthiness, cultivate self-acceptance and self-compassion, and discover what really matters to them.

Audience: Grade 7 and up

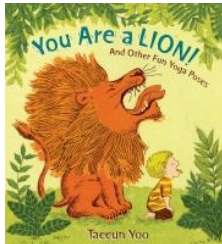


eBook

Underwood, Deborah. [Outside in](#). Boston: HMH Books, 2020.

A mindful contemplation on the many ways nature affects our everyday lives, even when we're stuck inside.

Audience: Kindergarten and up.



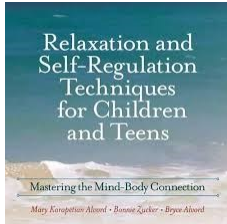
eBook

Yoo, Taeun. [You are a lion!: and other fun yoga poses](#). New York, NY: Nancy Paulsen Books, 2012.

Children pretend to be many different animals as they do various yoga poses.

Audience: Kindergarten and up.

MULTIMEDIA



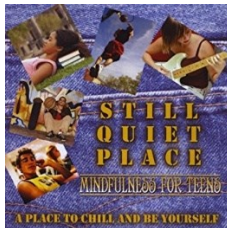
CD1100

158.128 (64 minutes)

Alvord, Mary Karapetian. [Relaxation and self-regulation techniques for children and teens: mastering the mind-body connection](#). Champaign, Ill.: Research Press, 2012.

This relaxation audio CD offers children, adolescents, as well as adults a variety of techniques for creating inner calmness, mental clarity, and beneficial physiological changes.

Audience: Teachers of kindergarten and up



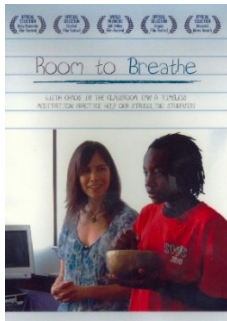
CD1101

158.128 (79 minutes)

Saltzman, Amy. [Still quiet place: mindfulness for teens](#). (Place of publication not identified): (Publisher not identified), 2010.

Sometimes being a teenager sucks and you need a place to just chill. The Still Quiet Place can be that place. It is a place of power and peace inside you.

Audience: Teachers of grade 7 and up



DVD1217

371.102 (55 minutes)

[Room to breathe](#). San Francisco, CA(?): Sacred Planet Films; Video Project (distributor), 2012.

A story of transformation as struggling kids in a San Francisco public middle school are introduced to the practice of mindfulness meditation.

Audience: Teachers of grade 7 and up

JOURNAL ARTICLES

- "Frequently Asked Questions to Consider When Implementing Mindfulness Based Interventions in Schools". *Communique*, vol. 48, no. 2, pp. 18-19. Education Research Complete. EBSCOhost. Oct2019.
- "The benefits of mindfulness for middle school students". *Science Scope*, vol. 43, no. 3. Education Research Complete. EBSCOhost. Oct2019
- ARMSTRONG, THOMAS. "Keep religion out of mindfulness". *Phi Delta Kappan*, vol. 101, no. 4, pp. 72-72. EBSCOhost. Dec2019/Jan2020.
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- Puligadda, Sanjay. "On Course for Creativity: Improv exercises and mindfulness techniques help students learn to think innovatively". *BizEd*, vol. 18, no. 5, pp. 40-44. Academic Search Premier. EBSCOhost. Sep/Oct2019.
- Sanger, Kevanne Louise, Thierry, Guillaume, Dorjee, Dusana. "Effects of School-Based Mindfulness Training on Emotion Processing and Well-Being in Adolescents: Evidence from Event Related Potentials." *Developmental science*, vol. 21, no. 5, pp. 11. EBSCOhost. Sept. 2018. <http://dx.doi.org/10.1111/desc.12646>

WEBSITES

Canadian Mental Health Association: Manitoba and Winnipeg. 20 Oct 20.

<https://mbwpg.cmha.ca/>

Promotes good mental health and provide support to individuals who experience mental illness and addictions issues to achieve recovery and well-being within healthy and supportive communities.

Klinic Community Health. Manitoba and Winnipeg. 20 Oct 20.

<http://klinik.mb.ca/wellness-support-groups/life-in-balance/>

Provides health related services from medical care to counselling and education.

Manitoba Trauma Information and Education Centre. 20 Oct 20

<https://trauma-informed.ca/trauma-recovery/mindfulnessmbsr/>

To provide support to meet the needs of people who had been affected by trauma.

Mindful: healthy mind, healthy life. 20 Oct 20.

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

Offers Mindfulness workshops.