

Mindfulness Based Stress Reduction at Home and at School

Making Things Possible: Educating the Whole Child

Cotting School, November 18, 2017

Resources

From Lola Piscopo:

Resources I use routinely in my classroom for meditation, relaxation, and mindfulness

Stop Breathe & Think Youtube Channel and Apps- I like the lengths and content of their guided meditations. It is our “go to.” We do it as a group 2 times daily for 5-10 minutes each. They have great guided breathing and body scans. Students use the apps on an individual basis. It is nice because they assess your feelings before and after and track data.

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

<https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>

<https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8>

<https://itunes.apple.com/us/app/stop-breathe-think-kids/id1215758068?mt=8>

GoZen Youtube Channel – I have just started exploring this and use it sometimes in the morning to have a fun way to “explain” or share some of the reasons behind our anxiety, worry, or mindfulness practice.

<https://www.youtube.com/channel/UCfsqZNj1On2IYnEcqGAQnUA>

Anxiety BC Teen – This website is really teen friendly. Students can use it on their own or use it as a group. You can download mindfulness meditation audio files for free. They also have an app to track anxiety... that has lots of audio meditations and mindfulness exercises...it’s called MindShift.

<http://www.youth.anxietybc.com/relaxation>

<https://itunes.apple.com/us/app/mindshift/id634684825?mt=8>

“Calm” website and app - for ambiance or relaxing sounds throughout the day, the “guided meditations” are challenging for students, but helpful for me!

www.Calm.com

<https://itunes.apple.com/us/app/calm-meditation/id571800810?mt=8>

Penzu Online Journal – Students who are more independent use a variety of prompts to write daily check-ins or journal online. You can access it from anywhere. It also sends you email reminders to write! Basic is free.

www.penzu.com

Coloring or Drawing Sensory Apps – We use these on the ipad. They are good destressing activities or students can use them quietly while working in class.

<https://itunes.apple.com/us/app/finger-paint-with-sounds/id586598528?mt=8>

<https://itunes.apple.com/us/app/bubble-wrap-free/id466524746?mt=8>

<https://itunes.apple.com/us/app/sand-draw-beach-creativity-artistic-exotic-art/id624591476?mt=8>

Simple Habit app – Daily meditation for busy people! Syncs to the health app on the iPhone and records or tracks numbers of mindful minutes. I use this for myself at home to try to squeeze some personal mindfulness in.

<https://itunes.apple.com/us/app/simple-habit-meditation/id1093360165?mt=8>

Breathe – This is a chrome extension. You set this to “automatically” pop up with a breathing prompt after a specified period of time working on your computer. You can do it every 5, 10, 20, 30, 60 minutes. You can also choose your number of breathes. I do this for 10 breathes every half hour myself. It has been helping me get out of the computer working “vortex.”

<https://chrome.google.com/webstore/detail/breathe/ibpopdkehcdnfkjmaiimmekhihekfja?hl=en>

More resources for children and parents from Pam Varrin:

Books

Sitting Still like a Frog: Mindfulness exercises for kids (and their parents). Eline Snel. 2013: Shambala.

Mindful Movements: Ten exercises for Well-being (includes DVD). Thich Nhat Hanh. 2008: Parallax Press. Great illustrations!

A Handful of Quiet: Happiness in four pebbles. Thich Nhat Hanh. 2012: Parallax Press.

Child’s Mind: Mindfulness Practices to help our children be more focused, calm, and relaxed. Christopher Willard. 2010: Parallax Press.

Growing up Mindful. Christopher Willard. 2016: Sounds True.

Raising Resilience. Christopher Willard. 2017: Sounds True.

Wherever you go, there you are. Jon Kabat-Zinn. 2005: Hachette Books.

The Power of Full Engagement. Jim Loehr, Tony Schwartz: 2003: The Free Press

Apps

Mindfulness Daily

Smiling Mind (Ages 7-adult)

Websites

Mindful Awareness Research Center, UCLA. <http://marc.ucla.edu/>. Offers free guided meditations, online classes.

The Open Heart Project. www.susanpiver.com. An “online meditation center” and “global mindfulness community” that offers free newsletter with meditation tips and guides, as well as more in-depth meditation guidance for a monthly fee.

Sounds True. <https://www.soundstrue.com>. Soundstrue.com. Independent multimedia publishing company offers spoken word audio, audio books, music recordings, and printed books on topics including mindfulness and spirituality