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| **MINDFULNESS RESOURCES for TEACHERS** |
| Sorted by Call Number / Author. |
| **153.7 REC**Cover image | Rechtschaffen, Daniel J. **The mindful education workbook : lessons for teaching mindfulness to students.** 1st ed. New York : W.W. Norton & Co., [2016]."A structured curriculum of classroom-ready lessons, practices, and worksheets for actualizing a ... new educational paradigm: student mindfulness"--Amazon.com. |
| **155.4 SNE**Cover image | Snel, Eline. **Sitting still like a frog : mindfulness exercises for kids (and their parents).** 1st ed. Boston : Shambhala, 2013."Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions"--Front cover. |
| **158.1 GRE**Cover image |  Greenland, Susan Kaiser. **Mindful games : sharing mindfulness  and meditation with children, teens, and families.** Boulder :  Shambhala, 2016. Presents ways for children and young adults  to develop focusing skills through games. |
| **370.15 RIC**Cover image | Ricci, Mary Cay, 1960-. **Mindsets in the classroom : building a culture of success and student achievement in schools.** Waco, Tex. : Prufrock Press Inc., [2013].Summary. Presents a guide to learning for teachers, focusing on changing students' thinking about success and performance, how to build a growth mindset school culture, and developing students' conceptual understanding of learning and the brain. What are mindsets and how do they affect the classroom? -- What are some ways to begin building a growth mindset school culture? -- What are the components of a differentiated, responsive classroom? -- Why is critical thinking important in a growth mindset class culture? -- How can students learn from failure? -- What messages should parents hear about growth mindset? -- Can gifted education and a growth mindset belief coexist? -- What are some ways to help students build a conceptual understanding of -- The brain? -- What are some ways school staff can maintain a growth mindset school -- Culture? --  |
| **370.15 RIC**Cover image | Ricci, Mary Cay, 1960-. **Ready-to-use resources for Mindsets in the classroom : everything teachers need for classroom success.**Waco, Tex. : Prufrock Press Inc., [2015].What are mindsets, and how do they affect the classroom? -- What are some ways to begin building a growth mindset school culture? -- Why is a differentiated, responsive classroom important to a growth mindset culture? -- Why is critical thinking important in a growth mindset class culture? -- How can students learn from failure? -- What messages should parents hear about growth mindset? -- Can gifted education and a growth mindset belief coexist? -- What are some ways to help students adopt a growth mindset? -- What are some ways school staff can maintain a growth mindset school culture? -- How can we use mindsets in the classroom in a book study or discussion group?. "Provides educators with tools they need to help students change their thinking about their abilities and potentials..."--Back cover. |
| **371.102 JEN**Cover image | Jennings, Patricia A. **Mindfulness for teachers : simple skills for peace and productivity in the classroom.** 1st ed. New York : W.W. Norton & Co., [2015]."This book offers simple, ready-to-use, and evidence-proven mindfulness techniques to help educators manage the stresses of the classroom, cultivate an exceptional learning environment, and revitalize both their teaching and their student's knowledge acquisition"--Back cover. |

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