

Resources for Mindfulness & Gratitude

This is a list of various resources, including books, apps, websites, articles, and other items, related to mindfulness and gratitude.

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Breathing Zone. <http://www.breathing.zone/>

This free app for Android and iOS has a breathing analyzer that detects your heart rate and sets your target breathing rate and is based on a scientifically proven breathing technique to lower blood pressure.

Collaborative for Academic, Social, and Emotional Learning (CASEL). <https://casel.org/>

CASEL is the nation's leading organization in PK-12 Social Emotional Learning. Their website is full of resources that can support educators in gaining competencies, skills, strategies, and resources that can support students and teachers in thriving in the classroom.

Emmons, R. (2013). How gratitude can help you through hard times. *Greater good magazine*.

https://greatergood.berkeley.edu/article/item/how_gratitude_can_help_you_through_hard_times

This short web article provides tips and thoughts on gratitude and how being grateful can impact one's perceptions of life events.

Headspace for Educators. <https://www.headspace.com/educators>

This app guides the user through meditations for various needs, such as sleep, work, kids, focus, stress, and anxiety. Headspace offers free access to all K-12 teachers, school administrators, and supporting staff in the US, UK, Canada, and Australia.

Insight Timer. <https://insighttimer.com/>

This is a free app for Android and iOS with meditations for sleep, anxiety, and stress.

Jennings, P. A. (2015). *Mindfulness for teachers: Simple skills for peace and productivity in the classroom*. New York, NY: W. W. Norton & Company.

In this practical guide, the author blends years of personal practice with classroom experience and research to create a pertinent resource for any teacher wishing to begin or enrich a cultivation of mindfulness. An understanding of the human brain, and its reactions to stress, are provided as a pathway to guide teachers to build a self-care practice that acts as a model for students and a foundation for classroom wellness. Through refined attention to and mindfulness of daily habits and actions, Jennings illustrates how repeated forms of inquiry can operate as pedagogical techniques for Learning.

Leddy, M. J. (2002). *Radical gratitude*. Orbis Books.

This book approaches gratitude from a Christian perspective, endeavoring to help readers develop gratitude and break the cycle of dissatisfaction with life.

On Being. <https://onbeing.org/>.

This is a collection of podcasts, conversations, writings, and resources that explore the intersection of spiritual inquiry, science, social healing, community, poetry, and the arts.

Pennsylvania Department of Education. SEL best practice resources.

<https://www.education.pa.gov/Schools/safeschools/MentalHealth/SELBPResources/Pages/default.aspx>

This website provides an overview and links to Social Emotional Learning resources curated by the Pennsylvania Department of Education.

Rechtschaffen, D. (2014). *The way of mindful education: Cultivating well-being in teachers and students*. W. W. Norton and Company.

This four-part book is designed as a guide to help teachers cultivate attention, compassion, and well-being in their students and in themselves. It contains lesson plans, exercises, and considerations for different age groups and needs.

Rotne, N. & Rotne, D. F. (2009). *Everybody present: Mindfulness in education*. Parallax Press.

This book uses stories, case studies, and exercises to demonstrate the effectiveness of mindfulness on educators, students, and their classrooms.

Tashian, E. & D. (2020). *The mindful educator* [podcast series]. <https://podcasts.apple.com/us/podcast/the-mindful-educators-podcast/id1473498579>

Developed and hosted by educators, Erin and Dave Tashian, this series discusses strategies for building mindful classrooms and for managing your own emotional well-being as a teacher. While these strategies take time to cultivate, the engaging conversations between the hosts and guests make the concepts seem accessible and doable.

Yale Center for Emotional Intelligence. <https://www.ycei.org/>

This world-renowned center supports school communities in understanding the value of emotions, teaching the skills of emotional intelligence, and building and sustaining positive emotional climates in homes, schools, and workplaces. Their website includes a research and a tool called RULER-an evidence-based approach to social and emotional learning (SEL).