MindWell-education.com
Mindfulness Based Wellbeing for Flourishing Schools
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Amy Burke: amy@mindwell-education.com

Links and Resources to accompany the MindWell sessions
with Kevin Hawkins and Amy Burke,
ECIS PE Conference
Vienna 2017
“Move, Learn, Live”

Mindfulness in Schools Project for research on mindfulness in education, information about .b and Paws b curricula and training and the 8 week .b Foundations courses for teachers.
NOTE: MindWell will be hosting a .b teacher training in Prague in October 2017. Pre-requisites for this training are listed here.

Click here to watch Amy Burke’s TEDx Talk – Mindfulness in Education: Learning from the Inside Out.

Click here to watch Kelly McGonigal’s TED Talk – How to Make Stress Your Friend.

Phil Jackson video interview about mindfulness in coaching.

Smiling Mind app.

Mindful Teacher, Mindful School: Improving wellbeing in teaching and learning, by Kevin Hawkins (SAGE Publishing, UK June 2017)

Training in Being Mindful: MBSR/MBCT Courses
*** Note: it is highly recommended to take a Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Cognitive Therapy (MBCT) course in person if possible. Search for teachers or centres in your area with a simple Google search. Online courses are suggested for those who do not have access to local courses.

University of Massachusetts Medical Centre is a highly recommended 8-week video course that is offered through UMass where MBSR courses originated

E-mindul offers online MBSR and MBCT courses. Note: they are on Eastern Standard Time, US.

Breathworks offers online Introduction to Mindfulness. Note: They are based in the UK.
Books

*The Social Neuroscience of Education* by Louis Cozolino

**Focus** Daniel Goleman,


*Teach, Breathe, Learn* by Meena Srinivasan on how to bring mindfulness and SEL into your classroom

*The Way of Mindful Education: Cultivating Well-being in Teachers and Students* by Daniel Rechtschaffen

*Triple Focus: A New Approach to Education* by Daniel Goleman and Peter Senge

Mindfulness Resources

Mark Williams guided practices - great 13-minute Body Scan.

Insight Timer is a software app for your phone/laptop/tablet that provides a timer and bell tones for a sitting practice. It also provides some good guided practices.

Headspace is a website that provides guided meditations. Sign up for Take 10 for free trial.