

Mindfulness Books for Educators

Compiled by Irene McHenry

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Author(s)	Title	Year
Broderick	<i>Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance</i>	2013
Brown & Olson	<i>The Mindful School Leader: Practices to Transform Your Leadership and Your School</i>	2014
Hanh, Nghiem, & VrieZen	<i>Planting Seeds: Practicing Mindfulness with Children</i>	2011
Harper- Cohen	<i>Little Flower Yoga: A Yoga and Mindfulness Program to help your Child Improve Attention and Emotional Balance</i>	2013
Himmelstein, Sam	<i>A Mindfulness-Based Approach to Working with High Risk Adolescents</i>	2013
Horstman J, ed.	<i>Mindfulness in Public Schools: Building Wellness and Resilience in our Children</i> http://www.mindfulnessink12education.com/the-manual-mindfulness-in-public-schools.html	
Jennings	<i>Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom</i>	2015
Kabat-Zinn	<i>Everyday Blessings: The Inner Work of Mindful Parenting</i>	1998
Kaiser- Greenland	<i>The Mindful Child</i>	2010
Levy, David	<i>Mindful Tech: How to Bring Balance to Our Digital Lives</i>	2016
McHenry & Brady	<i>Tuning In: Mindfulness in Teaching and Learning</i>	2009
McHenry, Irene, and Moog, Carol	<i>The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, & Connect with Others.</i>	2015
MindUP	<i>Mindup Curriculum: Grades K – 2</i> [Note: "Classic" in field] http://teacher.scholastic.com/products/mindup/	
MindUP	<i>Mindup Curriculum: Grades 3 – 5</i> [Note: "Classic" in field] http://teacher.scholastic.com/products/mindup/	
MindUP	<i>Mindup Curriculum: Grades 6 – 8</i> [Note: "Classic" in field] http://teacher.scholastic.com/products/mindup/	
Saltzman	<i>A Still Quiet Place</i>	2014
Srinivasan	<i>Teach, Breathe, Learn: Mindfulness in and out of the Classroom</i>	2014
Vo	<i>The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time</i>	2015
Weaver & Wilding	<i>The Five Dimensions of Engaged Teaching</i>	2013
Willard	<i>Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed</i>	2010
Willard & Abblett	<i>Growing Mindful: A Deck of Mindfulness Practices for All Ages</i> http://www.amazon.com/Growing-Mindful-Deck-Mindfulness-Practices/dp/0692388877 http://www.growingmindfulgames.com/	2015
Willard & Saltzman Eds	<i>Teaching Mindfulness Skills to Kids and Teens</i>	2015