

# Mindfulness in Education

## Resources for youth:

First ever Teen Retreat in Canada ME with **Inward Bound Mindfulness Education** July 13 - 18, 2015 at Sugar Ridge Retreat Centre <https://www.facebook.com/events/1572217199709150/>

## Books & Audio:

**FOCUS for Teens: Enhancing Concentration, Caring, and Calm** by Daniel Goleman

**Stressed Teens: Mindfulness for Teens** by Gina Biegel

**Still Quiet Place: Mindfulness for Teens** by Dr. Amy Saltzman MD

## Apps:



### Smiling Mind App

Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and every day. Smiling Mind is modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives. <http://smilingmind.com.au/my-smiling-mind/>



### Stop, Breathe & Think App

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.



### Take a Chill Pill App

As a teen, there are moments in your life when you're really stressed and just need to "Take a Chill." This app is full of tools to help manage that stress, and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities, begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns.

## Resources for educators:

Professional Development courses for Educators this summer at [The Centre for Mindfulness Studies](#)

### **Mindfulness for Educators: Personal and Professional Resilience –**

A 4-Week Program: July 22 to August 12, 2015

### **What Really Matters in Teaching K-12 –**

A 4-Day Intensive for Educators: July 2 to 5, 2015

For more information on Mindfulness in Education

Mindfulness Everyday <http://www.mindfulnesseveryday.org/educators.html>

Discover Mindfulness <http://discovermindfulness.ca/>