



Resources

from the Webinar

Mindfulness in the School Library

Presented by Wendy DeGroat

April 25, 2023

WENDY'S RESOURCE LIST

Mindfulness Programs in School Libraries: Readiness, Suggestions, and Resources
bit.ly/mindfulnessinlibrary

TRAINING

Online MBSR program from Palouse Mindfulness <https://palousemindfulness.com/>
Koru Mindfulness teacher certification
<https://korumindfulness.org/teacher-certification/benefits/>

ARTICLES

“Investigating Mindfulness: A Story in Three Parts” by Rebecca King
<https://artsci.wustl.edu/ampersand/investigating-mindfulness-story-three-parts>
“A Hindu View of Mindfulness” by Satguru Bodhinatha Veylanswami
<https://www.hinduismtoday.com/magazine/oct-nov-dec-2019/publishers-desk-a-hindu-view-of-mindfulness/>

APPS & EDUCATOR RESOURCES

Calm Schools <https://www.calm.com/schools/resources>
Calm Strips <https://calmstrips.com/>
Mindfulness Coach https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp
Headspace for Educators <https://www.headspace.com/educators>
UCLA Mindful App
<https://www.uclahealth.org/programs/marc/free-programming-resources/ucla-mindful-app>

More from ABC-CLIO and School Library Connection

ABC-CLIO Databases	https://www.abc-clio.com/databases/
School Library Connection	https://schoollibraryconnection.com
ABC-CLIO Free Resources	https://abc-clio.com/free

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Articles

Full Voice. Mindfulness through a Trauma-Sensitive Lens

<https://schoollibraryconnection.com/Content/Article/2232717>

Libraries and Schoolwide Transformative Social Emotional Learning

<https://schoollibraryconnection.com/Content/Article/2275036>

Mindful Practices for the Elementary Library

<https://schoollibraryconnection.com/Content/Article/2209703>

Stress Reduction at Your Library

<https://schoollibraryconnection.com/Content/Article/2296531>

Webinars

How the Library Can Help Students Navigate Mental Health

<https://schoollibraryconnection.com/Content/Webinar/?learningModuleId=2228341>

Schoolwide Collaboration for Transformative Social Emotional Learning

<https://schoollibraryconnection.com/Content/Webinar/?learningModuleId=2276352>

More from Wendy

Educator Guide: *Attention Hijacked*

<https://schoollibraryconnection.com/Content/LiteratureLesson/2280150>

Article: Collaboration, Inclusivity, and Trust-Building: Diverse Political Voices in High School Collections <https://schoollibraryconnection.com/Content/Article/2285406>

Webinar: Engaging Students with Scholarly Articles: Active Learning Strategies

<https://schoollibraryconnection.com/Content/Webinar/?learningModuleId=2294656>

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Video: One Small Step: Programs for Finding Common Ground [32:37], a conversation with Wendy DeGroat and Barbara Stripling

<https://schoollibraryconnection.com/Home/Display/2273225>