Inclusive Program Environments: Resources

Section 4: Integrating Mindfulness and De-Stressing Activities

- Greater Good Science Center, University of California Berkeley: Mindfulness
  https://greatergood.berkeley.edu/mindfulness

- HelpGuide: Benefits of Mindfulness
  https://www.helpguide.org/harvard/benefits-of-mindfulness.htm

- Transforming Education: Mindfulness Toolkit
  https://www.transformingeducation.org/mindfulness-toolkit/

- Amy Saltzman: Still Quiet Place practice videos
  http://www.stillquietplace.com/practice-videos/

- Mindfulness Schools: Resources
  http://www.mindfulschools.org/resources/explore-mindful-resources

- LeBron's meditation video clip
  https://www.youtube.com/watch?v=SCR7OfRuQd4

- National Youth Council Of Ireland: Mindfulness Exercises
  http://www.youthdeved.ie/sites/youthdeved.ie/files/Mindfulness%20Exercises.pdf

- Colorado Education Initiative: The Hub: Take a Break! Teacher Toolbox for Physical Activity Breaks
  https://healthyschoolshub.org/resources/take-a-break-teacher-toolbox-for-physical-activity-breaks-in-the-secondary-classroom/

For Youth

- Mindfulness for Teens
  http://mindfulnessforteens.com/

- AnxietyCanada: Mindfulness Exercises
  http://youth.anxietybc.com/mindfulness-exercises

- KidsHealth: Stress & Coping Center
  http://kidshealth.org/en/teens/center/stress-center.html

Promoting Self-Regulation

- ACT for Youth: SEL Toolkit: Self-Management
  http://www.actforyouth.net/youth_development/professionals/sel/self-management.cfm

- Harvard Graduate School of Education's Usable Knowledge: Brain games
  https://www.gse.harvard.edu/news/uk/16/08/fun-and-brain-games

- Harvard's Center on the Developing Child
  - Core skills https://developingchild.harvard.edu/resources/building-core-skills-youth/
  - Executive functions
    https://developingchild.harvard.edu/science/key-concepts/executive-function/

- Government of Alberta: Supporting Behaviour and Social Participation (strategies)
  http://www.learnalberta.ca/content/insp/html/index.html