

# Mindfulness & Youth Development

NH 21<sup>st</sup> CCLC Summer Conference – Aug. 6, 2014

## Agenda

- 9:30 a.m. Welcome, Overview, Introductions
- 9:40 a.m. Activity: Mindful Body/Breathing/Listening
- 9:50 a.m. What is Mindfulness? What is Positive Youth Development? What the Research is Saying?
- 10:00 a.m. Excerpts from educational videos: *Room to Breathe* (M.S.) & *Healthy Habits of Mind* (E.S.)
- 10:20 a.m. Strategies for Mindfulness in Afterschool settings
- 10:30 a.m. Curriculum, Training and Related Resources
- 10:45 a.m. Closing

## Web Resources:

Mindful Schools: <http://mindfulschools.org>

Mindfulness in Education: [www.mindfuled.org](http://www.mindfuled.org)

Mindfulness in Schools: <http://mindfulnessinschools.org>

Inner Kids: <http://www.susankaisergreenland.com>

Mindful Life: <http://mindfullifetoday.com>

Mind Body Awareness Project: <http://mbaproject.org>

Inner Resilience Program: <http://www.innerresilience-tidescenter.org>

The Way of Mindful Education: <http://danielrechtschaffen.com>

The Hawn Foundation, Mind Up: <http://thehawnfoundation.org/mindup>

Mindfulness without Borders: <http://mindfulnesswithoutborders.org>

Communicating Mindfully: <http://communicatingmindfully.homestead.com>

Childlight Yoga/Yoga in the Classroom: <http://www.childlightyoga.com>

*Thanks for Coming and Sharing!*

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