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Mindfulness and the Brain

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“Quiet Time Primer.” PDF. *Edu-topia*

<http://www.edutopia.org/pdfs/stw/edutopia-stw-reducingstudentstress-visvalley-primer.pdf>

Resources and Downloads on Mindfulness, from *Edu-topia*

<http://www.edutopia.org/stw-student-stress-meditation-resources-downloads>

Learning to BREATHE: A Mindfulness Curriculum for Adolescents

<http://learning2breathe.org/>

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<http://www.guardian.co.uk/education/teacher-blog/2013/jun/24/mindfulness-classroom-teaching-resource>

Mindfulness: A Teacher’s Guide, by Dr. Amy Saltzman, M.D.

<http://www.pbs.org/thebuddha/teachers-guide/>

Tips for Teaching Mindfulness to Kids, by Megan Cowan

http://greatergood.berkeley.edu/article/item/tips_for_teaching_mindfulness_to_kids/

See also,

<http://www.mindfulschools.org/>

MindUP. Mindfulness based social-emotional lesson plans for children.

<http://thehawnfoundation.org/research/>

Mindfulness Based Stress Reduction (MBSR) free online course.

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<http://palousemindfulness.com/selfguidedMBSR.html>, free online course

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