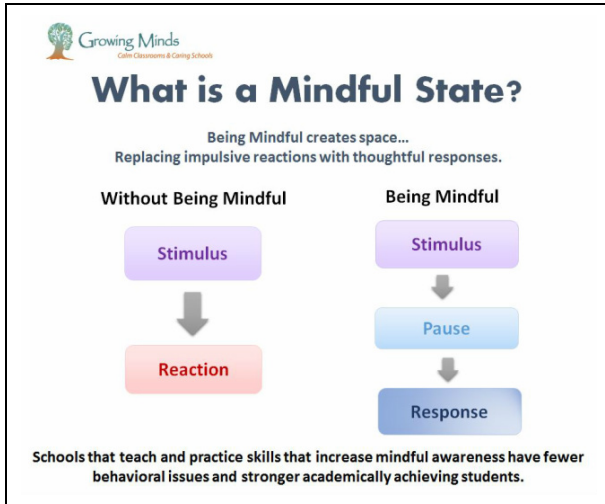


# Resources from today's MeetUp: 2/10/16

## Mindfulness



Milwaukee-based Growing Minds defines a mindful state as “creat[ing] space...replacing impulsive reactions with thoughtful responses.”

Growing Minds Milwaukee – <http://www.growingmindstoday.com>

### Activities for ADULTS

- **Narrative Therapy Project – Tree of Life.** Following each section of the narrative, draw a part of a tree, reflect on the topic and questions and make some notes on the drawing. <https://alexisstone55.wordpress.com/2013/06/13/narrative-therapy-project-tree-of-life/>
- **Relaxed Abdominal Breath: Stress Reduction through Mindful Breathing** <http://www.mindfulteachers.org/2015/01/relaxed-abdominal-breath-mindful-breathing.html>

## ... in the Classroom

### Activities for ELEMENTARY

- **Mindful Breathing Wand** –students observe movement of breathing and learn to relax. <https://kristinamarcelli.wordpress.com/2014/05/10/make-your-own-mindful-breathing-wand/>
- **Spider-Man Meditation** – teaches children to activate their “spidey-senses” and their ability to focus on call so they can smell, taste and hear in the present moment. <http://kidsrelaxation.com/uncategorized/spider-man-pracitcing-mindfulness-and-increasing-focus/>

### Activities for MIDDLE/HIGH SCHOOL

- **Human Camera** – a mindfulness activity to engage the senses. <http://www.mindfulteachers.org/2014/03/human-camera-mindfulness-activity-to.html>
- **T.H.I.N.K. Before You Speak** – case studies in mindful speech. <http://www.mindfulteachers.org/2015/04/THINK-before-you-speak.html>



## Community Building

- **Restorative Justice** at Milwaukee’s Alliance School: <https://www.youtube.com/watch?v=3-dDQunk9mE>
- **Restorative Practices Guide for Educators:** <http://www.otlcampaign.org/sites/default/files/restorative-practices-guide.pdf>
- Sample community-building activities from **YouthLearn:** <http://youthlearn.org/learning/teaching/collaboration/community-building-activities/using-community-building-activities>

## Artist Connection



Dr. Ellen Langer, Ph.D., is known as the “mother of mindfulness.” She is the author of eleven books and more than two hundred research articles written for general and academic readers on mindfulness. Her best selling books include: *Mindfulness*; *The Power of Mindful Learning*; *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*; and her most recent book, *Counterclockwise: Mindful Health and the Power of Possibility*.

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<http://www.ellenlanger.com/>