

Using Zentangle to Enhance Mindfulness in the Classroom

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Resources for Mindfulness in schools:

Scholarly Articles:

Integrating Mindfulness Training into K-12 Education: Fostering the Resilience of Teachers and Students

<http://www.mindfulnesseveryday.info/pdf/WhitePaperMindfulnessInEducation.pdf>

Nurturing Mindfulness in Children and Youth: Current State of Research

<http://itp.wceruw.org/documents/GreenbergHarris2011NurturingMindfulnessInChildrenandYouth.pdf>

Mindfulness for Children and Youth: A Review of the Literature with an Argument for School-Based Implementation

<http://eric.ed.gov/?id=EJ981060>

When Mindfulness Meets the Classroom

<http://www.theatlantic.com/education/archive/2015/08/mindfulness-education-schools-meditation/402469/>

Teach Mindfulness, Invite Happiness

<http://www.edutopia.org/blog/teach-mindfulness-invite-happiness>

Research Round-Up: Mindfulness in Schools

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

To learn more:

Mindful Schools trainings

<http://www.mindfulschools.org>

Resources for Zentangle:

Zentangle

<https://www.zentangle.com/>

What is Zentangle?

<http://tanglepatterns.com/zentangles/what-is-a-zentangle>

Zentangle Art Meditation

<http://livethewhole.com/zentangle-art-meditation/>

Research: Mindfulness & Well Being

<http://www.createlookenjoy.com/p/research-zentangle-and-well-being.html>

Lots on Pinterest!