



Implementing Mindfulness in Schools: An Evidence-Based Guide

By Prof Katherine Weare & Adrian Bethune

About this guide...

- An authoritative, comprehensive, practical, **evidence-based resource**
- For teachers, educators, SLT members, researchers, policy makers
- Content includes:
 - **What mindfulness is** and is not
 - **Evidence-base** and outcomes for students and teachers
 - **Key practical considerations** for successful implementation
- Illustrated with inspirational **real life case studies**
- **Easy to read** and navigate

What people are saying...

“Deep bow of appreciation to the entire team for the incredible (also elegant and balanced) work of the Mindfulness Initiative.”

Jon Kabat-Zinn

“The Guide is a superb resource for anyone interested in implementing mindfulness in schools. Practical and evidence-based, we are recommending this as an excellent place to start.”

Chivonne Preston - CEO, Mindfulness in Schools Project



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<http://bit.ly/MindfulnessInSchoolsGuide>