



## Webinar Documents and Links

### ***LIVE with Y4Y: Bringing Mindfulness to Out-of-School Time***

December 10<sup>th</sup>, 2020

- What is Mindfulness? (NIH) – <https://wellnessatnih.ors.od.nih.gov/worklife/Pages/MIndfullness.aspx>
- Meditation: In-Depth (NIH) – <https://www.nccih.nih.gov/health/meditation-in-depth>
- Mindfulness Matters (NIH) – <https://newsinhealth.nih.gov/2012/01/mindfulness-matters>
- Mind and Body Approaches for Stress and Anxiety (NIH) - <https://www.nccih.nih.gov/health/providers/digest/mind-and-body-approaches-for-stress>
- Boosting Productivity at Work: How Mindfulness Training Helps – [https://wellnessatnih.ors.od.nih.gov/Documents/Boosting%20Productivity%20at%20Work%20How%20Mindfulness%20Training%20Helps%20\(002\).pdf](https://wellnessatnih.ors.od.nih.gov/Documents/Boosting%20Productivity%20at%20Work%20How%20Mindfulness%20Training%20Helps%20(002).pdf)
- Mind and Body Capacity (NIH) - <https://www.nccih.nih.gov/health/mind-and-body-practices>
- Building Adult Capacity for Social and Emotional Learning – <https://www.edutopia.org/video/building-adult-capacity-social-and-emotional-learning>
- Feeling Healthy at Home (Alliance for a Healthier Generation) – <https://www.healthiergeneration.org/campaigns/kohls-healthy-at-home/feeling-healthy>
- Feelings Thermometer (Wisconsin Office of Children's Mental Health) – <https://children.wi.gov/Pages/FeelingsThermometer.aspx>
- Mindful – <https://mindful.org>
- Y4Y Social and Emotional Learning Course – <https://y4y.ed.gov/learn/social-and-emotional-learning/>
- Y4Y Creating a Positive Learning Environments Course – <https://y4y.ed.gov/learn/creating-a-positive-learning-environment/>
- Building a Positive Organizational Culture & Climate C&G – <https://y4y.ed.gov/y4yclickandgo/organizational-culture/2582>



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