



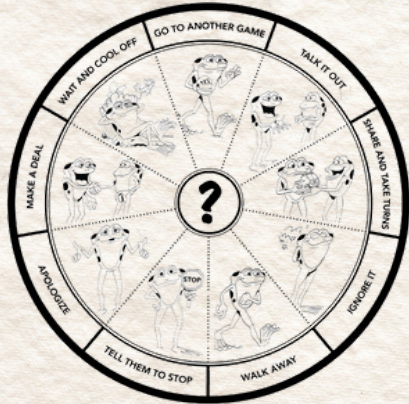
Resource Form

This form houses all resource links referred to in this episode.

Episode: Mindfulness in the Classroom: A Chat with a School-Age Educator

Episode Resources

The following social program is used by the school board hosting the school-age program Emily works for; she shared these resources in this episode. Take a look!



Kelso's Choice:

This program supports decision making and problem solving in Grade K-3. Click the link to learn more!

K.C.'s Choice:

This program supports problem solving, but a step up for children in Grades 4-5. Click the link to learn more



*Images were taken from their website <https://kelsoschoice.com/>

Additional Resources



Check out **The Halton Resource Connection's Publication**, updated with April 2024 - June 2024 Professional Learning Sessions.

Look out for our soon-to-be-released Summer Time Professional Learning Publication with sessions like the following and more!

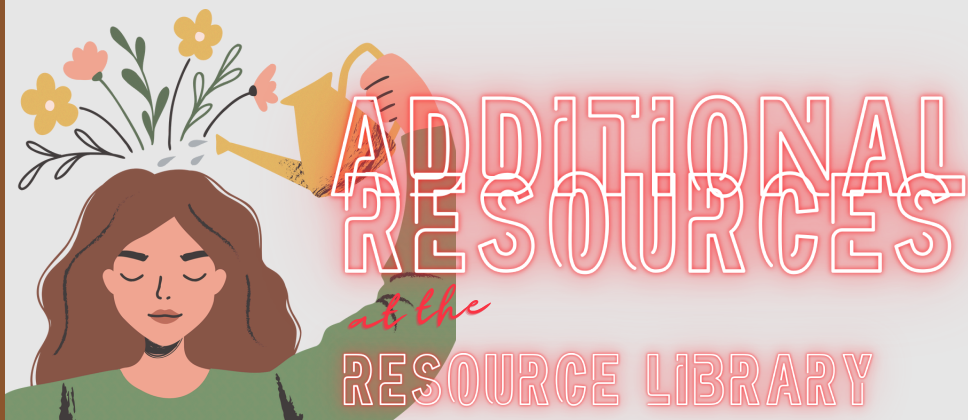


- **Wellbeing & Outdoor Play in the Early Years session**, facilitated by R.O.C.K. on June 25th

Do you work in Halton? Make sure you get your free, Professional membership to **THRC's Resource Library Page** to borrow these resources and your next read to support your leadership journey!

Check out the next page for resources you may find at the Resource Library



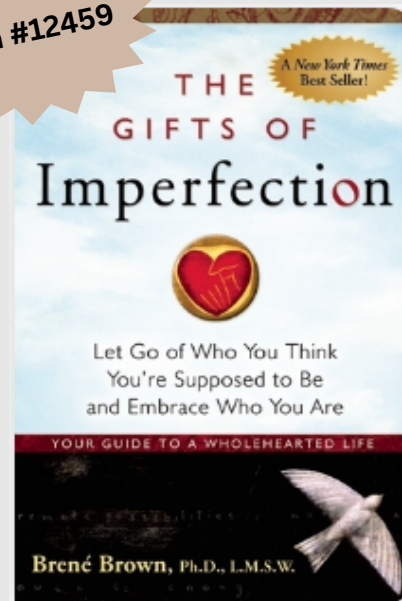


ADDITIONAL RESOURCES

at the
RESOURCE LIBRARY

- Mindful Me #1 – School Age Bin: #11726
- Mindful Me #2 – School Age Bin: #11727
- Mindful Creations – School Age Bin: #11826
- Mindful Stacking Stones #1 Bin: #12523
- Mindful Stacking Stones #2 Bin: #12524
- Yoga Studio Bin: #326
- Loose Parts Portrait Exploration Bin: #12741
- Body Sox Bin: #1592
- Whittling and Carving Bin: #12697
- Botanical Prints Bin: #12784
- Feathers Bin: #12908

Bin #12459



The Gifts of Imperfection by Dr. Brené Brown, given 4.25 stars by Goodreads & New York Times Best seller, is a fantastic read to start your mindfulness journey

*"... Dr. Brené Brown, a research professor and thought leader on **vulnerability, courage, worthiness, and shame**, shares ten guideposts on the power of Wholehearted living—a way of engaging with the world from a place of worthiness."*
(Goodreads)



Feathers Bin: #12908



Whittling & Carving Bin:
#12697