**Jedi Mind Training Resources**

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**List of mindfulness goals/themes that can be infused in the art curriculum:**

Present moment awareness Gratitude  Positive Self Talk Generosity
Risk Taking Non-excess Flexibility Growth Mindset
Respect for multiple perspectives Non-violent communication Collaboration  Connection
Finding your voice Frustration Management Managing Fear
Managing self doubt Determination  Self love Compassion Empathy Truthfulness Non-stealing Contentment

**Meditation Aps**

Insight timer
Headspace

**Podcasts**

On Being

**Growth Mindset Vocabulary to use in the classroom**

YET - I haven’t gotten it.... YET!
Yes AND  …
Might - You might try...
Wonder - I wonder what would happen if
Curious - I’m curious about what will happen if I try it this way
Try
Practice - today we will practice
Process
Explore

**Examples of Intentions**

1) May I enjoy this art class
2) May I be unafraid to make a mistake
3) May I be kind to myself as I create
4) May I learn something new
5) May I try a risk

Types of Meditation to do in the classroom:
3) Tapping: EFT Emotional Freedom Technique
4) Breath Drawing from the book “Mindfulness & the Art of Drawing” by Wendy Ann Greenhalgh
5) Art making as mindfulness - notice your pencil in your hand, feel the temperature of the clay
6) Loving kindness meditation as a closing to end art class
7) Google guided meditations for examples

Mindfulness Teachers and Authors
Sharon Saltzberg
Tara Brach
Thicht Nat Han
Pema Chodron
John Kabat- Zinn
Carol Dweck

Video Clips to Show your Students:
- CarolDweck: Thepowerofbelievingthatyoucanimprove.TedTalk
- Heather Hanson Artist - https://vimeo.com/75185969
- Ormie: https://www.youtube.com/watch?v=xd63g3d8qOs
  How does this character show a growth mindset?
- Class Dojo Social Emotional Learning Videos on Growth Mindset, Perseverance, and
Empathy: https://ideas.classdojo.com/

- Sesame Street with Jangle Monae - Power of YET: https://www.youtube.com/watch?v=XLeUvZuvvAs
- Yoda talking to Luke Skywalker: https://www.youtube.com/watch?v=XLeUvZuvvAs
- MeettheRobinsons,KeepMovingForward:https://www.youtube.com/watch?v=Lm
- W3H-EXYS0 * Don’t Give up Cartoon: https://www.youtube.com/watch?v=ijRUeDSnsHc
- Don’t Stop Don’t Give Up: https://www.youtube.com/watch?v=7uUIOAYQsn4&index=17&list=PLnah-hqu5MaQY5t2GjBAwt9E7iJFYPsOA
- Sam Berns Ted Talk: https://www.youtube.com/watch?v=36m1otM05g
- PositiveSelfTalkPumpupSpeech:https://www.youtube.com/watch
- Derek Redmond 1992 Olympics: https://www.youtube.com/watch?v=kZIXWp6vFdE
- Shakira “Try Everything:” https://www.youtube.com/watch?v=c6rP-YP4c5I