

Jedi Mind Training Resources

Ilana Ingber: ilanaingber@gmail.com

Jenny Bevil: jennybevy@gmail.com

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 Apps

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

. I) 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/](https://ideas.classdojo.com/)

- Sesame Street with Jangle Monae - Power of YET:
<https://www.youtube.com/watch?v=XLeUvZvuvAs>
- Yoda talking to Luke Skywalker:
<https://www.youtube.com/watch?v=XLeUvZvuvAs>
- 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=36m1o-tM05g>
- 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>