

## OISE Library Wellness Resources

This list features selected resources from the OISE Library. For additional information about the collection, or for title suggestions, please contact Collections & Outreach Librarian, Nailisa Tanner (n.tanner@utoronto.ca)

### Stacks Collection (2<sup>nd</sup> floor; borrowable by all current U of T Faculty, students and staff)

Title	Call Number	Link to resource in the library catalogue
Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness	155.9042 K11F 2009	<a href="http://go.utlib.ca/cat/6464228">http://go.utlib.ca/cat/6464228</a>
Guided mindfulness meditation (sound recordings)	155.9042 K11G Series 1-4	<a href="http://go.utlib.ca/cat/7459182">http://go.utlib.ca/cat/7459182</a>
Mindfulness for the next generation: helping emerging adults manage stress and lead healthier lives	155.9042 R726M	<a href="http://go.utlib.ca/cat/8560745">http://go.utlib.ca/cat/8560745</a> or e-book: <a href="http://go.utlib.ca/cat/10416832">http://go.utlib.ca/cat/10416832</a>
The contemplative practitioner : meditation in education and the workplace	158.12 M648C 2014	<a href="http://go.utlib.ca/cat/9052841">http://go.utlib.ca/cat/9052841</a>
The miracle of mindfulness : a manual on meditation	294.3443 N567M 1987	<a href="http://go.utlib.ca/cat/2298872">http://go.utlib.ca/cat/2298872</a>
Seducing souls : education and the experience of human well-being	370.115 H831S	<a href="http://go.utlib.ca/cat/7631944">http://go.utlib.ca/cat/7631944</a>
Mindfulness and education : research and practice	370.15 M663	<a href="http://go.utlib.ca/cat/10963268">http://go.utlib.ca/cat/10963268</a>
Meditation in schools : a practical guide to calmer classrooms	370.153 M489	<a href="http://go.utlib.ca/cat/4360450">http://go.utlib.ca/cat/4360450</a>
Mindfulness for students	370.158 C851M	<a href="http://go.utlib.ca/cat/11973701">http://go.utlib.ca/cat/11973701</a>
Mindful teaching and learning: developing a pedagogy of well-being	371.102 M6639	<a href="http://go.utlib.ca/cat/11293781">http://go.utlib.ca/cat/11293781</a>
Mindfulness: how school leaders can reduce stress and thrive on the job	371.2 W453M	<a href="http://go.utlib.ca/cat/10638341">http://go.utlib.ca/cat/10638341</a>
Surviving school stress : strategies for well-being in today's complex world	371.713 L454S	<a href="http://go.utlib.ca/cat/11463855">http://go.utlib.ca/cat/11463855</a>
Mental health and wellbeing through schools : the way forward	371.713 M549	<a href="http://go.utlib.ca/cat/10964181">http://go.utlib.ca/cat/10964181</a>
Enhancing the wellbeing and wisdom of older learners : a co-research paradigm	374 M1948E	<a href="http://go.utlib.ca/cat/11450439">http://go.utlib.ca/cat/11450439</a>
Exploring emotions, aesthetics and wellbeing in science education research	507.1 E967	<a href="http://go.utlib.ca/cat/10811891">http://go.utlib.ca/cat/10811891</a>
Fully present: the science, art, and practice of mindfulness	616.891425 S635F	<a href="http://go.utlib.ca/cat/8666456">http://go.utlib.ca/cat/8666456</a>

**Curriculum Resources (CR) Collection** (3<sup>rd</sup> Floor; borrowable by all current OISE Faculty, students and staff)

<b>Title</b>	<b>Call Number</b>	<b>Link to resource in the library catalogue</b>
The mindfulness teaching guide : essential skills & competencies for teaching mindfulness-based interventions	CR 153.733071 B819M	<a href="http://go.utlib.ca/cat/11231429">http://go.utlib.ca/cat/11231429</a>
Mindful little yogis : self-regulation tools to empower kids with special needs to breathe and relax	CR 155 H342M	<a href="http://go.utlib.ca/cat/11973703">http://go.utlib.ca/cat/11973703</a>
Take the time : mindfulness for kids	CR 155.423 R712T	<a href="http://go.utlib.ca/cat/11324032">http://go.utlib.ca/cat/11324032</a>
Mindfulness for teen anxiety : a workbook for overcoming anxiety at home, at school, and everywhere else	CR 155.51246 W691M	<a href="http://go.utlib.ca/cat/11231432">http://go.utlib.ca/cat/11231432</a>
Mindful games : sharing mindfulness and meditation with children, teens, and families	CR 158.1 G814M	<a href="http://go.utlib.ca/cat/10854222">http://go.utlib.ca/cat/10854222</a>
Mindful games activity cards: 55 fun ways to share mindfulness with kids and teens	CR 158.1 G814Ma	<a href="http://go.utlib.ca/cat/11231335">http://go.utlib.ca/cat/11231335</a>
Mindful kids: 50 mindfulness activities for kindness, focus and calm	CR 158.12 S849	<a href="http://go.utlib.ca/cat/11806281">http://go.utlib.ca/cat/11806281</a>
Mission méditation : pour des élèves épanouis, calmes et concentrés	CR 158.12083 M241M	<a href="http://go.utlib.ca/cat/11728717">http://go.utlib.ca/cat/11728717</a>
Meditating with children : the art of concentration and centering : a workbook on new educational methods using meditation	CR 158.12083 R893M	<a href="http://go.utlib.ca/cat/1630186">http://go.utlib.ca/cat/1630186</a>
Breathe like a bear: 30 mindful moments for kids to feel calm and focused anytime, anywhere	CR 158.12083 W714B	<a href="http://go.utlib.ca/cat/11712420">http://go.utlib.ca/cat/11712420</a>
Teaching mindfulness skills to kids and teens	CR 204.35071 T253	<a href="http://go.utlib.ca/cat/10229039">http://go.utlib.ca/cat/10229039</a>
The MindUp curriculum: brain-focused strategies for learning-and living (PreK-2)	CR 370.11 M663 v.1	<a href="http://go.utlib.ca/cat/11536936">http://go.utlib.ca/cat/11536936</a>
The MindUp curriculum. Grades 3-5 : [brain-focused strategies for learning-and living]	CR 370.11 M663	<a href="http://go.utlib.ca/cat/11536934">http://go.utlib.ca/cat/11536934</a>
The MindUp curriculum : brain-focused strategies for learning-and living : Grades 6-8	CR 370.11 M663	<a href="http://go.utlib.ca/cat/11536935">http://go.utlib.ca/cat/11536935</a>
The frazzled teacher's wellness plan : a five-step program for reclaiming time, managing stress, and creating a healthy lifestyle	CR 371.1 Q3F	<a href="http://go.utlib.ca/cat/9166544">http://go.utlib.ca/cat/9166544</a>
Teaching with vitality: pathways to health and wellness for teachers and schools	CR 371.102 B472T	<a href="http://go.utlib.ca/cat/11539126">http://go.utlib.ca/cat/11539126</a>
Mindful teacher, mindful school : improving wellbeing in teaching & learning	CR 371.102 H393M	<a href="http://go.utlib.ca/cat/11451724">http://go.utlib.ca/cat/11451724</a>
Mindfulness for teachers : simple skills for peace and productivity in the classroom	CR 371.102 J543M	<a href="http://go.utlib.ca/cat/11231419">http://go.utlib.ca/cat/11231419</a>
Happy teachers change the world: a guide for cultivating mindfulness in education	CR 371.102 N576H	<a href="http://go.utlib.ca/cat/11231431">http://go.utlib.ca/cat/11231431</a>
The mindful education workbook : lessons for teaching mindfulness to students	CR 371.102 R297M	<a href="http://go.utlib.ca/cat/10854230">http://go.utlib.ca/cat/10854230</a>
Everybody present : mindfulness in education	CR 371.1023 R848M	<a href="http://go.utlib.ca/cat/9033305">http://go.utlib.ca/cat/9033305</a>

Classroom yoga breaks: brief exercises to create calm	CR 371.1024 G618C	<a href="http://go.utlib.ca/cat/11325084">http://go.utlib.ca/cat/11325084</a>
Practicing presence: simple self-care strategies for teachers	CR 371.1024 L933P	<a href="http://go.utlib.ca/cat/11539123">http://go.utlib.ca/cat/11539123</a>
Stop the stress in schools : mental health strategies teachers can use to build a kinder, gentler classroom	CR 371.1024 M2713S	<a href="http://go.utlib.ca/cat/11467347">http://go.utlib.ca/cat/11467347</a>
Promoting health and wellbeing through schools	CR 371.710941 P965	<a href="http://go.utlib.ca/cat/7066041">http://go.utlib.ca/cat/7066041</a>
Jumpstart! wellbeing: games and activities for ages 7-14 /	CR 371.713 B786J	<a href="http://go.utlib.ca/cat/10811893">http://go.utlib.ca/cat/10811893</a>
The school of wellbeing : 12 extraordinary projects promoting children and young people's mental health and happiness	CR 371.713 H915S	<a href="http://go.utlib.ca/cat/11331305">http://go.utlib.ca/cat/11331305</a>
Emotional well-being for children with special educational needs and disabilities : a guide for practitioners	CR 371.9019 B154E	<a href="http://go.utlib.ca/cat/9016292">http://go.utlib.ca/cat/9016292</a>
Ensouling our schools : a universally designed framework for mental health, well-being, and reconciliation	CR 371.90460971 K1977E	<a href="http://go.utlib.ca/cat/11687817">http://go.utlib.ca/cat/11687817</a>
Healthy minds, healthy schools: strategies and activities for happy and successful learners	CR 372.37 M8119H	<a href="http://go.utlib.ca/cat/11605067">http://go.utlib.ca/cat/11605067</a>
Healthy breaks : wellness activities for the classroom	CR 372.37044 D372H	<a href="http://go.utlib.ca/cat/7031581">http://go.utlib.ca/cat/7031581</a>
What children need to be happy, confident and successful : step by step positive psychology to help children flourish	CR 649.6 H786W	<a href="http://go.utlib.ca/cat/8647583">http://go.utlib.ca/cat/8647583</a>
Breathe, stretch, write : learning to write with everything you've got	CR 808.042 F546B	<a href="http://go.utlib.ca/cat/7406282">http://go.utlib.ca/cat/7406282</a>

**Juvenile Fiction Collection** (3<sup>rd</sup> floor; borrowable by all current U of T Faculty, students and staff)

<b>Title</b>	<b>Call Number</b>	<b>Link to resource in the library catalogue</b>
Mindful Monkey, happy Panda	JUV FIC A361M	<a href="http://go.utlib.ca/cat/8919340">http://go.utlib.ca/cat/8919340</a>
What does it mean to be present?	JUV FIC D593W	<a href="http://go.utlib.ca/cat/10642720">http://go.utlib.ca/cat/10642720</a>
Listening to my body : a guide to helping kids understand the connection between sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need	JUV FIC G2158L	<a href="http://go.utlib.ca/cat/11920905">http://go.utlib.ca/cat/11920905</a>
Good night yoga : a pose-by-pose bedtime story	JUV FIC G2596G	<a href="http://go.utlib.ca/cat/10642715">http://go.utlib.ca/cat/10642715</a>
Master of mindfulness: how to be your own superhero in times of stress	JUV FIC G8765M	<a href="http://go.utlib.ca/cat/10642119">http://go.utlib.ca/cat/10642119</a>
Now	JUV FIC P852N	<a href="http://go.utlib.ca/cat/11581720">http://go.utlib.ca/cat/11581720</a>
I am peace: a book of mindfulness	JUV FIC V483i	<a href="http://go.utlib.ca/cat/11579321">http://go.utlib.ca/cat/11579321</a>
I will be okay	JUV FIC W9497iw	<a href="http://go.utlib.ca/cat/11920903">http://go.utlib.ca/cat/11920903</a>
I can handle it!	JUV FIC W9497i	<a href="http://go.utlib.ca/cat/11920904">http://go.utlib.ca/cat/11920904</a>