



K-12YOGA.org

Keeping The Body in Mind at School
International Association For School Yoga & Mindfulness

- ❖ Abadi MS, Madgaonkar J, Venkatesan S. Effect of yoga on children with attention deficit/hyperactivity disorder. *Psychologic Stud.* 2008;53(2):154–159.
- ❖ Anderson, V. L., Levinson, E. M., Barker, W., & Kiewra, K. R. (1999). The effects of meditation on teacher perceived occupational stress, state and trait anxiety, and burnout. *School Psychology Quarterly*, 14(1), 3-25.
- ❖ Angus, S.F. (1989). Three approaches to stress management for children. *Elementary School Guidance and Counseling*, 22(3), 228-233.
- ❖ Ayres, J. (2005). Sensory integration and the child. Los Angeles: Western Psychological Services.
- ❖ **Barnes, P.M, Bloom, B., & Nahin, R. (2008, December).** CDC National Health Statistics Report #12. Complementary and alternative medicine use among adults and children: United States, 2007.
- ❖ Barnes, S., et al. (2007). The role of mindfulness in romantic relationship satisfaction and response to relationship stress. *Journal of Marital and Family Therapy*, 33(4), 482-500.
- ❖ Barnes, Vernon A., Lynnette B. Bauza, and Frank A. Treiber. Impact of stress reduction on negative school behavior in adolescents. *Health and Quality of Life Outcomes*, Apr 2003, 1:10. Author email: vbarnes@mail.mcg.edu.
- ❖ Benavides S, Caballero J. Ashtanga yoga for children and adolescents for weight management and psychological well being: an uncontrolled open pilot study. *Complement Ther Clin Pract.* 2009;15(2):110–114.
- ❖ Benn, R. (2004). Reduced stress, increased happiness among middle school students. Paper presented to the International Center for Integration of Health and Spirituality at the National Institutes of Health, Bethesda, MD.
- ❖ Benson, H., Wilcher, M., Greenberg, B., Huggins, E., Ennis, M., Zuttermeister, P.C., et al. (2000). Academic performance among middle-school students after exposure to a relaxation response curriculum. *Journal of Research and Development in Education*, 33(3), 156-165.
- ❖ Berger, D. L., Silver, E. J. & Stein, R. E.. (2009). *Effects of Yoga on Inner-City Children's Well-Being: A Pilot Study.* Mendota Heights, MN: InnoVison Health Media.
- ❖ Biegel, G. M., Brown, K. W., Shapiro, S. L. & M, C.. (2009). Mindfulness-Based Stress Reduction for the Treatment of Adolescent Psychiatric Outpatient: A Randomized Clinical Trial. *Journal of Counseling and Clinical Psychology.* 77, 855-866.

- ❖ Birdee GS, Yeh GY, Wayne PM, et al. Clinical applications of yoga for the pediatric population: a systematic review. *Acad Pediatr*. 2009;9(4):212–220.e1–9.
- ❖ Birnbaum, L. (2005). Adolescent aggression and differentiation of self: Guided mindfulness meditation in the service of individuation. *The Scientific World Journal*, 5, 478-489.
- ❖ Bodrova, E., & D.J. Leong. 2005. Self-Regulation as a key to school readiness: How can early childhood teachers promote this critical competence? In *Critical issues in early childhood professional development*, eds. M. Zaslow & I. Martinez-Beck, 223-70. Baltimore: Brookes.
- ❖ Boehde, D.D., et al. 2005. The physiological effects of 8 weeks of yoga training. *Journal of Cardiopulmonary Rehabilitation*, 25(5), 290.
- ❖ Bögels, S., et al. (2008). Mindfulness Training for Adolescents with Externalizing Disorders and their Parents. *Behavioural and Cognitive Psychotherapy*, 36, 193-209.
- ❖ Bonilla-Bowman, C. S.. (June 2010). *Doing Yoga with Teens in Trouble*. Prescott, AZ: International Association of Yoga Therapists.
- ❖ Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review*, 25(5), 629-644.
- ❖ Boyce, B.. (March 2011). Inner-City Inner Peace. *Shambhala Sun*. 77-78.
- ❖ Breslin, M. (2006, September 28). Workout for mind and body: Naperville Central tests notion that exercise makes learning easier. *Chicago Tribune*. Retrieved May 28, 2007, from www.johnratey.com.
- ❖ Broderick, Patricia and Metz, Stacie (2009). Learning to BREATHE: A pilot trial of a mindfulness curriculum for adolescents. *Advances in School Mental Health Promotion*, 2 (1), 35-46.
- ❖ Brown, Richard (2002). Taming emotion: Tibetan meditation in teacher education. In Nakagawa, Yoshiharu and Miller, John (eds.), *Nurturing Our Wholeness: Perspectives on Spirituality in Education*. Brandon, VT: Foundation for Educational Renewal.
- ❖ Brown, Richard (2011). The mindful teacher as the foundation of contemplative pedagogy. In Simmer-Brown, J. and Grace, F. (eds.), *Meditation and the Classroom: Contemplative Pedagogy for Religious Studies*. Albany, NY: State University of New York Press.
- ❖ Carei TR, Fyfe-Johnson AL, Breuner CC, Brown MA. Randomized controlled clinical trial of yoga in the treatment of eating disorders. *J Health*. 2010;46(4):346–351.
- ❖ Chen T-L, Mao H-C, Lai C-H, et al. [The effect of yoga exercise intervention on health related physical fitness in school-age asthmatic children]. Hu Li Tsa Chih [*Journal of Nursing*]. 2009;56(2):42–52.
- ❖ children with attention problems. *School Psychology Review*, 34(3), 415-424. Retrieved
- ❖ Clear your mind. (2006). *NEA Today*. Retrieved May 28, 2007, from www.nea.org.
- ❖ Coatsworth, J. Douglas; Duncan, Larissa; Greenberg, Mark; and Nix, Robert (2010). Changing parent’s mindfulness, child management skills and relationship quality with their youth: Results from a randomized pilot intervention trial. *Journal of Child and Family Studies*, 19 (2), 203-217.
- ❖ Cuda, Amanda. Mat time: Yoga gives special-needs children self-confidence, more socialization. *Connecticut Post*, 14 Jul 2005.
- ❖ Diamond, Adele (2010). Commentary: The evidence base for improving school outcomes by addressing the whole child and by addressing skills and attitudes, not just content. Early

- Education and Development, 21 (5), 780-793.
- ❖ Diamond, Adele and Lee, Kathleen (2011). Interventions shown to aid executive function development in children 4 to 12 years old. *Science*, 333, 959-964.
 - ❖ Douglass, L.. (2010). Yoga in the Public Schools: Diversity, Democracy and Use of Critical Thinking in Educational Debates. *Religion & Education*. 37, 162-174.
 - ❖ Duncan, Larissa and Bardacke, Nancy (2010). Mindfulness-based childbirth and parenting education: Promoting family mindfulness during the perinatal period. *Journal of Child and Family Studies*, 19 (2), 190-202.
 - ❖ Duncan, Larissa; Coatsworth, J. Douglas; and Greenberg, Mark (2009). A model of mindful parenting: Implications for parent-child relationship and prevention research. *Clinical Child and Family Psychology Review*, 12 (3), 255-270.
 - ❖ Ehleringer, J. (2010). Yoga for children on the Autism spectrum. *International Journal of Yoga Therapy*, 20, 131-139.
 - ❖ Ehud, M., An, B. & Avshalom, S.. (Jul 2010). Here and now: Yoga in Israeli schools. *International Journal of Yoga*. 3,
 - ❖ Fisher, R. (2006). Still thinking: The case for meditation with children. *Thinking Skills and Creativity*, 1(2), 146-151.
 - ❖ Flook, L., Smalley, S.L., Kitil, M.J., Dang, J., Cho, J., Kaiser-Greenland, S., Locke, J. & Kasari, C. (2008, April). A mindful awareness practice improves executive function in preschool children.
 - ❖ Flook, Lisa; Smalley, Susan; Kitil, M. Jennifer; Galla, Brian; Kaiser Greenland, Susan; Locke, Jill; Ishijima, Eric; and Kasari, Connie (2010). Effects of mindful awareness practices on executive functions in elementary school children. *Journal of Applied School Psychology*, 26 (1), 70-95.
from <http://proquest.umi.com/pqdlink?did=905477431&Fmt=7&clientId=83650&RQT=309&VName=PQD>
 - ❖ Galantino ML, Galbavy R, Quinn L. Therapeutic effects of yoga for children: a systematic review of the literature. *Pediatr Phys Ther*. 2008;20:66–80.
 - ❖ Galantino, M. L., Galbavy, R., & Quinn, L. (2008). Therapeutic effects of yoga for children: A systematic review of literature. *Pediatric Physical Therapy*, 20, 66-80.
doi:10.1097/PEP.0b013e31815f1208
 - ❖ Goodman, T. A. (2005). Working with children: Beginners mind. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 197-219). New York: Guilford Press.
 - ❖ Greco, L. A., Blackledge, J. T., Coyne, L. W., & Ehrenreich, J. (2005). Integrating acceptance and mindfulness into treatments for child and adolescent anxiety disorders: Acceptance and commitment therapy as an example. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 301-322). New York: Springer Science.
 - ❖ Greenberg, Mark and Harris, Alexis (2011). Nurturing mindfulness in children and youth: Current state of research. *Child Development Perspectives*, pp. 1-6.
 - ❖ Haffner J. Roos J, Goldstein N, Parzer P, Resch F. The effectiveness of body-oriented

methods of therapy in the treatment of attention-deficit hyperactivity disorder (ADHD): results of a controlled pilot study [article in *German*]. *Z Kinder Jugendpsychiatric Psychotherapie* 2006;34(1):37-47.

- ❖ Hannaford, C., & Pert, C.B. (2005). *Smart moves: Why learning is not all in your head*. Arlington, VA: Great Ocean.
- ❖ Harper, J. C.. (2010). *Teaching Yoga in Urban Elementary Schools*. Prescott, AZ: International Association of Yoga Therapists.
- ❖ Harrison, L. J., Manocha, R., & Rubia, K. (2004). Sahaja yoga meditation as a family treatment programme for children with attention deficit-hyperactivity disorder. *Clinical Child Psychology and Psychiatry*, 9, 479-497. doi: 10.1177/135910450404046155
- ❖ Holland, D. (2004). Integrating mindfulness meditation and somatic awareness into a public educational setting. *Journal of Humanistic Psychology*, 44(4), 468-484.
- ❖ Hooker, K. E. & Fodor, I. E.. (2008). Teaching Mindfulness to Children. *Gestalt Review*. 12, 75-91.
- ❖ Hutcherson, C., et al. (2008). Loving-Kindness Meditation Increases Social Connectedness. *Emotion*, 8(5), 720-724.
integrated approach of yoga: a therapeutic tool for mentally retarded children: A one year controlled study. *Journal of Mental Deficiency Research*, 33, 415-421. Retrieved from http://www.healthandyoga.com/html/research_papers/iaoy/om.asp
- ❖ Jennings, Patricia (2011). Promoting teachers' social and emotional competencies to support performance and reduce burnout. In Cohan, A. and Honigsfeld, A. (eds.), *Breaking the Mold of Pre-service and In-service Teacher Education: Innovative and Successful Practices for the 21st Century*. New York: Rowman and Littlefield.
- ❖ Jennings, Patricia and Greenberg, Mark (2009). The prosocial classroom: Teacher social and emotional competence in relation to student and classroom outcomes. *Review of Educational Research*, 79 (1), 491-525.
- ❖ Jennings, Patricia; Snowberg, Karin; Coccia, Michael; and Greenberg, Mark (2011). Improving classroom learning environments by cultivating awareness and resilience in education (CARE): Results of two pilot studies. *Journal of Classroom Interaction*, 46 (1), 37-48.
- ❖ Kaley-Isley, L, Peterson, J, Fischer, C. (2010) Yoga as a Complementary Therapy for Adolescence and Children: A Guide for Clinicians. *Psychiatry (Edgemont)* 2010;7(8):20–32
- ❖ Kenny, M. (2002). Integrated movement therapy: Yoga-based therapy as a viable and effective intervention for autism spectrum and related disorders. *International Journal of YogaTherapy*, 12, 71-79.
- ❖ Kirkwood, G., et al. 2005. Yoga for anxiety: A systematic review of the research evidence. *British Journal of Sports Medicine*, 39 (12), 884–91.
- ❖ Klatt, M. (2009). Integrating yoga, meditation, and Occupational therapy for inner-city children. *Journal of Science and Healing*, 5, 152-153. doi:10.1016/j.explore.2009.03.026
- ❖ **Koenig, K.P., Buckley-Reen, A., & Garg, S. (2012)**. Efficacy of the get ready to learn yoga program among children with Autism Spectrum Disorders: A pretest-posttest control group

design. *American Journal of Occupational Therapy*, 66, 19.

<http://doi.org/10.5014/ajot.2012.004390>.

- ❖ Kosuri M, Sridhar GR. Yoga practice in diabetes improves physical and psychological outcomes. *Metab.* 2009;7(6):515–517.
- ❖ Krisanaprakornkit T, Ngamjarus C, Witoonchart C, Piyavhatkul N. Meditation therapies for attention- deficit/hyperactivity disorder (ADHD). *Cochrane Database of Systematic Reviews* 2010, Issue 6. Art. No.: CD006507. DOI: 10.1002/14651858.CD006507.pub2.
- ❖ Kuttner L, Chambers CT, Hardial J, et al. A randomized trial of yoga for adolescents with irritable bowel syndrome. *Pain Res Manag.* 2006;11:217–223. *Disord.* 2008;41:134–142.
- ❖ Lantieri, Linda; Kyse, Eden N.; Harnett, Susanne; and Malkmus, Charlotte (2011). Building inner resilience in teachers and students. In Reevy, Gretchen and Frydenberg, Erica (eds.), *Personality, Stress and Coping: Implications for Education*. Charlotte, NC: Information Age Publishing.
- ❖ Larun L, Nordheim Lena V, et al. Exercise in prevention and treatment of anxiety and depression among children and young people. *Cochrane Database Syst Rev.* 2006 Jul 19;3:CD004691.
- ❖ Lazar, S., et al. (2005). Meditation experience is associated with increased cortical thickness. *NeuroReport*, 16(17), 1893-1897.
- ❖ Lee, J., et al. (2008). Mindfulness-Based Cognitive Therapy for Children: Results of a Pilot Study. *Journal of Cognitive Psychotherapy*, 22(1), 15-28.
- ❖ Lilly, M. & Hedlund, J.. (2010). Yoga Therapy in Practice: Healing Childhood Sexual Abuse with Yoga. *International Journal of Yoga Therapy*. 20,
- ❖ Lutz, A., et al. (2008). Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise. *PLoS One*, 3(3), 1-10.
- ❖ Marks-Stopforth, C.. (Sept 2009). Getting adolescent boys to buy in to yoga, meditation and relaxation. *Counseling Today*. 44-45.
- ❖ Mendelson, T., Greenberg, M. T., Dariotis, J. K., Gould, L. F., Rhoades, B. I. & Leaf, P. J.. (May 2010). Feasibility and Preliminary Outcomes of a School-Based. *Journal of Abnormal Child Psychology*. 985-994.
- ❖ Mendelson, Tamar; Greenberg, Mark; Dariotis, Jacinda; Gould, Laura F.; Rhoades, Brittany; and Leaf, Philip (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. *Journal of Abnormal Child Psychology*, 38 (7), 985-994.
- ❖ Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.
- ❖ Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care*, 43(1), 91-109.
- ❖ Murphy, Jerome (2011). Dancing in the rain: Tips on thriving as a leader in tough times. *Phi Delta Kappan*, 93 (1), 36-41.
- ❖ Myers, and R. Friedman. Academic performance among middle school students after exposure to a relaxation response curriculum. *Journal of Research and Development in Education*, Spring 2000, 33(3).

- ❖ Napoli, M., Krech, P. R., & Holley, L. C. (2005). Mindfulness training for elementary school students: The attention academy. *Journal of Applied School Psychology, 21*(1), 99-125.
- ❖ **National Center for Complementary and Alternative Medicine** (2011). Yoga for health: An Introduction. Retrieved July 25, 2011 from <http://nccam.nih.gov/health/yoga/introduction.htm>.
- ❖ Noggle, J. J. & Khalsa, S.. Group Randomized, Controlled Evaluation of Yoga for Adolescent Mental Health within a High School Curriculum.
- ❖ Peck, H. L., Kehle, T. J., Bray, M. A., & Theodore, L. A. (2005). Yoga as an intervention for
- ❖ Peck, H.L., Kehle, T.J. & Bray, M.A., Theodore, L.A., (2005). Yoga as an intervention for children with attention problems. *School Psychology Review, 34*(3), 415-424.
- ❖ Powell, L., Gilchrist, M. & Stapley, J.. (Nov 2008). A journey of self-discovery: an intervention involving massage, yoga and relaxation for children with emotional and behavioral difficulties attending primary schools. *European Journal of Special Needs Education. 23*, 403-412.
- ❖ Promislow, S., & Levan, C. (2005). Making the brain body connection: A playful guide to releasing mental, physical and emotional blocks to success. Canada: Enhanced Learning & Integration.
- ❖ Ramadoss, R., and Bose, B. K. (2010). Transformative life skills: Pilot study of a yoga model for reducing perceived stress and improving self-control in vulnerable youth. *International Journal of Yoga Therapy, 20*, 75-80.
- ❖ Rizzolo, D., Zipp, G. P., Stiskal, D. & Simpkins, S.. (Dec 2009). Stress Management Strategies For Students: The Immediate Effects of Yoga, Humor, and Reading on Stress. *Journal of College Teaching and Learning. 6*,
- ❖ Roeser, R.W. & Peck, S.C. (2009). An education in awareness: Self, motivation and self-regulation in contemplative perspective. *Educational Psychologist, 44*, 119-136.
- ❖ Roeser, R.W., Cullen, M.M., Schonert-Reichl, K., & Jha, A. (2009, November). Assessing the acceptability and feasibility of the SMART-in-Education program. *Paper presented at the Mindfulness in Education Conference, Oakland, CA.*
- ❖ Roeser, R.W., Schonert-Reichl, K., Cullen, M.M., Jha, A., Oberle, E., Thomson, K., Taylor, C. & Best, M. (2010, April). Testing the efficacy and effectiveness of a mindfulness-based professional development program for teachers: A randomized waitlist control study. *Annual Meeting of the American Educational Research Association, Denver, CO.*
- ❖ Roeser, Robert and Peck, Stephen (2009). An education in awareness: Self, motivation, and self-regulated learning in contemplative perspective. *Educational Psychologist, 44* (2), 119-136.
- ❖ Rojas, N.L., & Chan, E. (2005). Old and new controversies in the alternative treatment of attention-deficit hyperactivity disorder. *Mental Retardation and Developmental Disability Research Reviews, 11*(2), 116-130.
- ❖ Rosaen, C. & Benn, R. (2006). The Experience of Transcendental Meditation in Middle School Students: A Qualitative Report. *Explore, 2*, 422-425.
- ❖ Santangelo White, L. (September 2009). Yoga for Children. *Pediatric Nursing. 35*, 277-297.

- ❖ Sat Bir S. Khalsa, PhD, et al (June 2011). Evaluation of the Mental Health Benefits of Yoga in a Secondary School: A Preliminary Randomized Controlled Trial. *Journal of Behavioral Health Services & Research*.
- ❖ Schonert-Reichl, Kimberly, and Lawlor, Molly Stewart (2010). The effects of a mindfulness-based education program on pre- and early adolescents' well-being and social and emotional competence. *Mindfulness*, 1, 137-151.
- ❖ Scime, M. & Cook-Cottone, C.. (2008). Primary Prevention of Eating Disorders: A Constructivist Integration of Mind and Body Strategies. *International Journal of Eating Disorders*. 41,
- ❖ Semple, R. J., Lee, J. & Rosa, D.. (Aug 2009). A Randomized Trial of Mindfulness-Based Cognitive Therapy for Children Promoting Mindful Attention to Enhance Social-Emotional Resiliency in Children. *Journal of Child and Family Studies*. 19,
- ❖ Semple, R. J., Lee, J., & Miller, L. F. (2006). Mindfulness-based cognitive therapy for children. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 143-166). San Diego, CA: Elsevier Academic Press.
- ❖ Semple, R. J., Reid, E. F. & Miller, L.. (2005). Treating Anxiety With Mindfulness: An Open Trial of Mindfulness Training for Anxious Children. *Journal of Cognitive Psychotherapy*. 19, 379-392.
- ❖ Sexton, S. (2006, September - October). Yoga in schools: Does it pass the test? Yoga + Joyful Living. Retrieved May 28, 2007, from www.yogakids.com.
- ❖ Shachoy, Cator (March 2010). Teaching yoga to kids. Healthy Living.
- ❖ Shachoy, Cator (Winter 2010). Mindfulness at the gates of hell. Turning Wheel.
- ❖ Shapiro, D., et al. (2007). Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome. *Evidence-Based Complementary and Alternative Medicine*, 4(4), 493-502.
- ❖ Shorter, S. M., Cope, S., Wyshak, G. & Sklar, E.. (2009). Yoga Ameliorates Performance Anxiety and Mood Disturbance in Young Professional Musicians. *Applied Psychophysiology and Biofeedback Journal*. 34, 279-289.
- ❖ Shurman, Cari (2009). Time and balance: Avoiding high school burnout. Qi Mail, National Qigong Association, Summer 2009
- ❖ Shurman, Cari (2011). Children and tai chi. Into Mountains, Over Streams (International Journal of Qigong & Taiji Culture online), August 11, 2011.
- ❖ Sibinga, E., Stewart, M., Magyari, T., Welsh, C., Hutton, N., & Ellen, J. (2008). Mindfulness-based stress reduction for HIV-infected youth: a pilot study. *Explore*, 4(1), 36-37.
- ❖ Singh, N. N., Lancioni, G. E., Joy, S. D. S., Winton, A. S. W., Sabaawi, M., Wahler, R. G., et al. (2007). Adolescents with conduct disorder can be mindful of their aggressive behavior. *Journal of Emotional and Behavioral Disorders*, 15(1), 56-63.
- ❖ Singh, N. N., Singh, A. N., Lancioni, G. E., Singh, J., Winton, A. S. & Adkins, A. D.. (March 2009). Mindfulness Training for Parents and Their Children With ADHD Increases the Children's Compliance. *Journal of Child and Family Studies*. 19,
- ❖ Singh, N., et al. (2006). Mindful Parenting Decreases Aggression, Noncompliance, and Self-Injury in Children with Autism. *Journal of Emotional and Behavioral Disorders*, 14(3), 169-177.

- ❖ Singh, N., et al. (2007). Mindful Parenting Decreases Aggression and Increases Social Behavior in Children with Developmental Disabilities. *Behavior Modification*, 31(6), 749-771.
- ❖ Solloway, S. G., & Fisher, W. P., (2007) Mindfulness in measurement: Reconsidering the measurable in mindfulness practice. *International Journal of Transpersonal Studies*, 26, 58-81.
- ❖ Staff Report (2009, Sept. 21). Nonprofit is building peace, grain by grain. *The San Francisco Examiner*.
- ❖ Streeter, C. C., Jensen, E., Perlmutter, R. M., Cabral, H. J., Tian, H., Terhune, D. B., Ciraulo, D. A. & Renshaw, P. F.. (2007). Yoga Asana Sessions Increase Brain GABA Levels: A Pilot Study. *Journal of Alternative and Complementary Medicine*. 13, 419-426.
- ❖ Stueck, M. & Gloeckner, N.. (May 2005). Yoga for children in the mirror of the science: working spectrum and practice fields of the Training of Relaxation with Elements of Yoga for Children. *Early Child Development and Care*. 175, 371-377.
- ❖ Tang, Y., et al. (2007). Short-term meditation training improves attention and self-regulation. *PNAS*, 104(43), 17152-17156.
- ❖ The effects of yoga on the attention and behavior of boys with Attention-Deficit/hyperactivity Disorder (ADHD) *Journal of Attention Disorders May 2004 7: 205-216*,
- ❖ Thygeson, M. V.. et al (2010). Peaceful Play Yoga: Serenity and Balance for Children With Cancer and Their Parents. *Journal of Pediatric Oncology Nursing*. 27, 276-284.
- ❖ Tomporowski, P. D., Davis, C. L., Miller, P. H. & Naglieri, J. A.. (2008). Exercise and Children's Intelligence, Cognition, and Academic Achievement. *Educational Psychology Review*. 20, 111-131.
- ❖ Uma, K., Nagendra, H. R., Nagarathna, R., Vaidehi, S., & Seethalakshmi, R. (1989). The
- ❖ Wagner, E. E., Rathus, J. H., & Miller, A. L. (2006). Mindfulness in dialectical behavior therapy (DBT) for adolescents. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 167-189). San Diego, CA: Elsevier Academic Press.
- ❖ Wall, R. B. (2005). Tai Chi and Mindfulness-Based Stress Reduction in a Boston public middle school. *Journal of Pediatric Health Care*, 19 (4), 230-237.
- ❖ Wall, R. B. (2005). Tai chi and mindfulness-based stress reduction in a Boston public middle school. *Journal of Pediatric Health Care*, 19(4), 230-237.
- ❖ Warner, L.. (2009). A Healthy Place for Risk Taking. *Educational Leadership*. December,
- ❖ Warner, T. Q. (2005). Awareness and cognition: The role of awareness training in child development. *Journal of Social Behavior & Personality*, 17, 47-64.
- ❖ Zajonc, Arthur (2006). Cognitive-affective connections in teaching and learning: The relationship between love and knowledge. *Journal of Cognitive Affective Learning*, 3 (1), 1-9.
- ❖ Zylowksa, L., et al. (2008). Mindfulness Meditation Training in Adolescents and Adults with ADHD: A Feasibility Study. *Journal of Attention Disorders*, 11(6), 737-746.