

Mindfulness, SEL, and Racial Justice Resources

Click image for link.



80 Social Justice Books lists. Lists for students & adults.



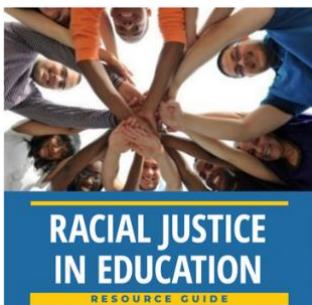
TIPS FOR TEACHERS AND CLASSROOM RESOURCES
Teaching Social Justice in Theory and Practice

Article to help practically bring Racial Justice to the classroom.

Niemi: CASEL Is Updating the Most Widely Recognized Definition of Social-Emotional Learning. Here's Why



Article with information why SEL must include identity.



Ultimate resource guide & tools for bringing racial justice to the classroom.



Implicit Bias tests – researched & created through Harvard University

mindful

healthy mind, healthy life

Mindful.org – “content, training, courses, & directories” centered on mindfulness



Research-based SEL geared towards schools.



Advice

10 Principles for Talking About Race in School

Article with advice on tackling race in the classroom.



Article (& website) providing evidence-based resources for “positive behavior, mental health, & well-being.”



Information about the interconnectedness of mindfulness, social emotional learning, and racial justice.



“Hip-hop videos and instructional activities that promote literacy and spark creativity.” {Paid service, but some free content is available.}



Here Are 22 Free Resources for Teaching Social Justice in the Classroom

Videos



[Teens: Mindfulness in Schools \(Video\)](#)



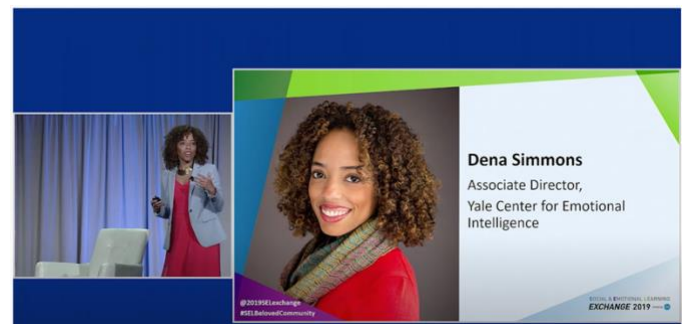
[Mindfulness at SMASH \(Video\)](#)



Elementary students discuss how mindfulness has helped them.



Video with Dena Simmons from Edutopia



Dena Simmons discusses the importance of racial justice integration in SEL. (Time: 13:00-19:53)