



Mindfulness May Increase Kids' Math Scores

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School Based Mindfulness Instruction: An RCT

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Best Practices for Bringing Mindfulness into Schools

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Mindfulness for Children

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A Qualitative Evaluation of Student Learning & Skills Use in a School-based Mindfulness & Yoga Program

<https://link.springer.com/article/10.1007/s12671-015-0463-y>

A Pilot Randomized Trial Evaluating a School-Based Mindfulness Intervention for Ethnic Minority Youth

<https://link.springer.com/article/10.1007/s12671-016-0519-7>

Mindfulness and Youth: A Cause for Optimism

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Evidence for the Impact of Mindfulness on Children and Young People

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Mindfulness in Education Research Highlights

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Mindfulness and the Brain: What does Research and Neuroscience Say?

<https://positivepsychology.com/mindfulness-brain-research-neuroscience/>

Harvard Unveils MRI Study Proving Meditation Literally Rebuilds the Brain's Gray Matter in 8 Weeks

<https://www.feelguide.com/2014/11/19/harvard-unveils-mri-study-proving-meditation-literally-rebuilds-the-brains-gray-matter-in-8-weeks/>

**The influence of mindfulness meditation on inattention and physiological markers of stress on students with learning disabilities and/or attention deficit hyperactivity disorder**

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The ADHD Mindfulness Craze: It All Started with One Little Study

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New Research Indicates Mindfulness Meditation Training Can Facilitate Cognitive Control

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**Study: Mindfulness Exercises Effectively Reduce Symptoms in Boys with ADHD and ODD**

<https://www-additudemag-com.cdn.ampproject.org/c/s/www.additudemag.com/mindfulness-therapy-adhd-odd-study/amp/>

MBSR Boosts Therapy for Parents of Children with Autism

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**Mindful Reading: Mindfulness Meditation Helps Keep Readers with Dyslexia and ADHD on the Lexical Track**

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