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Title: Finding the inner mountain. What does mindfulness offer children and young people in NZ schools - especially those with learning support needs?

## **References and Background Reading**

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Barbara Fredrickson http://peplab.web.unc.edu/

CALM Auckland <a href="https://www.calm.auckland.ac.nz/">https://www.calm.auckland.ac.nz/</a>

Mental Health Foundation https://www.mentalhealth.org.nz/

Mindfulness Education Group https://mindfulnesseducation.nz/

Mindfulness in Schools Project <a href="https://mindfulnessinschools.org/">https://mindfulnessinschools.org/</a>

Mindful Aotearoa https://mindfulnessaotearoa.com/

Mindful NZ Schools https://mindfulnzschools.nz/

New Zealand Curriculum http://nzcurriculum.tki.org.nz/

Positive Psychology Center at University of Pennsylvania https://ppc.sas.upenn.edu/

VIA character strengths <a href="https://www.viacharacter.org/www/">https://www.viacharacter.org/www/</a>