

Mindfulness Guides, Repertoire Suggestions, and Research References

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Diverse Composer Resources:

<https://www.composerdiversity.com/>

<https://docs.google.com/document/u/0/d/1eyVYaU50lhNDCK9zob7ZwphFqIWfm5VFdo4-ha7yuHk/mobilebasic>

<https://www.creativerepertoire.com/>

<https://docs.google.com/spreadsheets/d/1i4mcvDo3j6P9MiXKDbgyZ6enIGPcDhY2NTG278ReOaI/htmlview#gid=0>

<https://www.andwewereheard.org/>

<https://www.colourfullmusic.com/>

Suggested Reading and Watching:

Breath: The New Science of a Lost Art - James Nestor

Every Kid Needs a Champion - Rita Pierson

Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom - Kristin Souers with Pete Hall

Privilege, Power, and Difference - Allan G. Johnson

The Person You Mean to Be: How Good People Fight Bias - Dolly Chugh

The Relaxation & Stress Reduction Workbook - Martha Davis, Elizabeth Eshelman, and Matthew McKay

Never Enough: When Achievement Culture Becomes Toxic—and What We Can Do About It Hardcover – Jennifer Breheny Wallace

Mindfulness Resources:

[Headspace](#)

[Calm](#)

MyLife Meditation

[Mindfulness Resources for Teachers](#)

References from Presentation:

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Swiderski, T., Fuller, S. C., & Bastian, K. C. (2024). *Student-level attendance patterns show depth, breadth, and persistence of post-pandemic absenteeism*. Brookings.

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Wallace, J. B. (2023). *Never enough*. Penguin Random House.

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