



Media Mindfulness Resources

If you are interested in learning more, here is a list of the resources we mentioned, and some of the sources we cited, while putting together this workshop.

Mindfulness

- [Download the Focus 5 Cards](#)
- [Headspace for Kids](#)
- [Positive Psychology - Mindfulness for Kids](#)
- [Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi](#)
- [The How of Happiness by Sonja Lyubomirsky](#)

News & Media Literacy Tools

- [SHEG Civic Online Reasoning: Lateral Reading](#)
- [CIVIX Video: Online Verification Tool](#)
- [First Draft: Verifying Online Information](#)
- [Common Sense Education Video: How Reverse Image Search to Fact Check Images](#)
- [Their Tube](#)
- [Clemson's Media Forensics Hub: Spot the Troll](#)

Articles & Research

- [Common Sense Education: 5 Things to Check Before Sharing](#)
- [PBS News Hour: Out-of-Context Photos a Powerful Low-Tech Form of Misinformation](#)
- [Knight Foundation: Media, Democracy & the Emerging Electorate of Young Voters](#)

Stay in touch!

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