

Resources for funding a mindfulness program in your school

[MindUP](#) -- An educational initiative of The Hawn Foundation, is a mindful-awareness program developed in consultation with University of British Columbia professor Kimberly Schonert-Reichl

[Inner Kids](#) -- A mindful-awareness practices training program researched by UCLA's Mindful Awareness Research Center

[David Lynch Foundation](#) -- A nonprofit that funds the implementation of stress-reducing techniques including Transcendental Meditation for at-risk populations

[Mindful Schools](#) -- A program using mindfulness to teach kids how to manage emotion, handle stress and resolve conflict

[The Impact Foundation](#) -- A program that trains K-12 teachers in mindfulness through its SMARTinEDUCATION eight-week program