

# Clinical and Anecdotal Research

## [Social and Emotional Learning as a Public Health Approach to Education](#)

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## **Mindfulness for Children**

### [The effects of mindfulness-based interventions on cognition and mental health in children and adolescents – a meta-analysis of randomized controlled trials](#)

The Association for Child and Adolescent Health | First published: October 22, 2018

### [Mindfulness-Oriented Meditation for Primary School Children: Effects on Attention and Psychological Well-Being](#)

U.S. National Library of Medicine and National Institutes of Health | Published Jun 7, 2016

### [Research about mindfulness found on Mindful Schools website](#)

[Mindfulness for Children: Why Mindfulness? from Infants to Teenagers](#) The New York Times|Well Guides|David Gelles

[Evidence for the Impact of Mindfulness on Children and Young People](#) (research summary) .b The Mindfulness In Schools Project | Katherine Weare

## **Loving-kindness research**

[6 Amazing Benefits of Loving Kindness Meditation Backed by Science](#) Lifehack | Lisa Abramson

[Loving-Kindness Meditation Practice Associated with Longer Telomeres in Women](#) U.S. National Library of Medicine | Epub April 19, 2013

[The Development and Validation of the Lovingkindness-Compassion Scale](#) Science Direct | Epub December 22, 2017

[Loving-kindness Meditation for Post-traumatic Stress Disorder: a pilot study](#) U.S. National Library of Medicine | Epub Jul 25, 2013