

# Additional Resources: Mindfulness

## For Children

- A Handful of Quiet: Happiness in Four Pebbles, Thich Nhat Hanh (5 and up)
- Meditation is an Open Sky, Whitney Steward and Albert Whitman (4-7 years)
- Mindful Monkey, Happy Panda, Lauren Alderfer (4-8 years)
- Sitting Still Like a Frog Mindfulness Exercises for Kids and their Parents – Eline Snel (5-12 years old)
- Take the Time Mindfulness for Kids, Maud Roegiers (6 and up)
- The Mindful Monster: Therapeutic Children's Story About Mindfulness, Darcie Nuttall (5 and up)
- Yipper and his Journey of Mindfulness: Children and Mindfulness, Darcie Nuttall (5 and up)



## For Parents: Mindfulness, Resilience, Coping Skills

- A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions, Amy Saltzman
- Baby Buddhas: A Guide for Teaching Meditation to Children, Lisa Desmond
- Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World, Kristen Race
- Parenting your Stressed Child: 10 Mindfulness-Based Stress Reduction Practices to Help Your Child Manage Stress and Build Essential Life Skills, Michelle L. Bailey
- Planting Seeds: Practicing Mindfulness with Children, Thich Nhat Hanh and Chan Chau Nghiem
- The Everything Parent's Guide to Raising Mindful Children: Giving Parents the Tools to Teach Emotional Awareness, Coping Skills and Impulse Control in Children, Jeremy Wardle and Maureen Weinhardt
- Under the Chinaberry Tree: Books and Inspiration for Mindful Parenting, Ann Ruehling
- The Resilience Formula, Donna Volpitta, Joel Faber
- Building Resilience in Children and Teens: Giving Kids Roots and Wings, Kenneth R. Ginsburg, M.D.
- Raising a Self-Disciplined Child: Help Your Child Become More Responsible, Confident, and Resilient
- Robert Brooks, Ph.D. and Sam Goldstein
- Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust, Kenneth R. Ginsburg, M.D.
- Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child, Robert Brooks, Ph.D. and Sam Goldstein
- The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life, Robert Brooks, Ph.D. and Sam Goldstein

# Mindfulness Exercises for Kids

## “ Why Mindfulness? ”

- Mitigates the effects of bullying
- Enhances focus in children with ADHD
- Reduces attention problems
- Improves mental health and well-being
- Improves social skill



## Mindfulness Activities:

<https://positivepsychologyprogram.com/wp-content/uploads/2017/02/mindfulness-for-kids-Why-and-How.pdf>

[https://www.huffingtonpost.com/sarah-rudell-beach-/8-ways-to-teach-mindfulness-to-kids\\_b\\_5611721.html](https://www.huffingtonpost.com/sarah-rudell-beach-/8-ways-to-teach-mindfulness-to-kids_b_5611721.html)

<https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html>

<https://www.doyouyoga.com/4-mindfulness-activities-for-kids/>