



Children/Teen Mindfulness Resource List

Books

- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli
- *The Way I Feel*, Janan Cain
- *What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler
- *Gratitude Soup*, Olivia Rosewood
- *Sprinkle Your Sparkles: Show Your Love and Kindness*, Kirsten Tulsian & Mary Gregg Byrne
- *Take The Time: Mindfulness for Kids*, Maud Roegiers
- *Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens*, Lisa Roberts
- *The Mindful Teen: Powerful Skills to Help you Handle Stress One Moment at a Time*, Dzung, X
- *Mindfulness Skills for Kids and Teens*, Debra Burdick
- *Master of Mindfulness: How to be Your Own Superhero in Times of Stress*, Laurie Grossman
- *No Ordinary Apple: A Story about Eating Mindfully*, Sara Marlowe
- *My Mouth is a Volcano*, Julia Cook
- *Ahn's Anger*, Gail Silver
- *Steps and Stones: An Anh's Anger Story*, Gail Silver
- *Lacey Walker, Nonstop Talker*, Christianne Jones
- *Mindful Monkey, Happy Panda*, Lauren Alderfer
- *Puppy Mind*, Andrew Jordan Nance & Jim Durk



Apps

- The Breathing Butterfly by Tip-Tok
- Focus 1-2-3 by Oranda
- Calm Kids with Mamaphant by James Golding
- Sleep Meditations for Kids by Christiane Kerr – Calming Bedtime Relaxation Stories (1 Free with in-app purchases) ages 4+
- Smiling Mind (ages 7-12, teens and adults)
- Calm
- Mindfulness for Children

- Meditations for Kids by Highly Meditated (ages 6+)
- Settle Your Glitter
- Stop, Breathe, Think
- Super Stretch Yoga (ages 4+)
- Insight Timer
- Kaleidoscope Drawing Pad
- Well Beyond Meditation for Kids
- Breathing Bubbles
- OMG. I Can Meditate!
- Mindshift by Anxiety Disorders Association
- Sit With Us (promotes kindness and inclusion by inviting others to school lunch)

YouTube

- Cosmic Kids Zen Den Series Mindfulness for Kids – ages 5+
- Sesame Street: Me Want it (But Me Wait) with Cookie Monster
- Sesame Street: Belly Breathe with Elmo
- Little Flower Yoga

Websites

- Gozen.com (anxiety)
- School-psyched.com
- Yoga4classrooms.com (yoga cards)
- Heysigmund.com
- Childhood101
- Gonoodle.com – Maximo
- Greentreeyoga.org
- zonesofregulation.com
- braingym.org
- socialthinking.com
- livesinthebalance.org