



# Resource List

## Websites

- [www.dbtselfhelp.com](http://www.dbtselfhelp.com) - homework assignments and flashcards on mindfulness topics
- drdansiegel.com
- Calm.com - guided relaxation break (pick your scene)
- Coloringcastle.com - mandala coloring
- Mindful.org
- Mindfulschools.org
- Behavioraltech.org (The Linehan Institute)
- Mindfulhub.com
- Zenhabits.net
- Palousemindfulness.com
- Heartmath.com
- MrsMindfulness.com
- Greentreeyoga.org
- Mindfulnesscds.com – Jon Kabat-Zinn – Mindfulness Based Stress Reduction (MBSR)
- Heartmindkids.com
- Mindfulartssf.org
- themindfulparent.org
- gratefulness.org
- fulfillmentdaily.com
- rescuetime.com (tracks daily habits on computer & mobile devices)
- greatergood.berkeley.edu – Happiness on-Line class

## Books

- *Peace is Every Step: The Path of Mindfulness in Everyday Life*, Thich Nhat Hanh
- *The Miracle of Mindfulness*, Thich Nhat Hanh
- *The Power of Now*, Eckhart Tolle
- *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*, Jon Kabat-Zinn
- *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*, Jon Kabat-Zinn
- *The Dialectical Behavior Therapy Skills Workbook*, Matthew McKay, Jeffrey Wood & Jeffrey Brantley
- *Gratitude Diaries* – Janice Kaplan
- *How to Train a Wild Elephant & Other Adventures in Mindfulness*, Jan Chozen Bays
- *The Mindful Brain*, Daniel Siegel
- *Mindful Parenting*, Kristen Race
- *Mindful Work*, David Gelles
- *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self Help that Actually Works- A True Story*, Dan Harris
- *Color Me Calm* – Lacy Mucklow
- *The Mindful Child*, Susan Kaiser Greenland
- *Real Happiness The Power of Meditation* – Sharon Salzberg
- *Real Happiness at Work Meditation for Accomplishment, Achievement and Peace* – Sharon Salzberg
- *The Life-changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing* – Marie Kondo
- *Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change* - Shawn Achor
- *Live Happy: Ten Practices for Choosing Joy*, Deborah K. Heisz
- *The Mindful. Path to Self-Compassion*, Christopher K. Germer

- *Mindfulness in Plain English*, Bhante Gunaratana
- *Mindfulness: An Eight Week Plan for finding Peace in a Frantic World*, Mark Williams & Danny Penman

### Apps

- Insight Timer
- Breathe2relax
- Provider Resilience
- CBT-i Coach (improve sleep)
- Stop, Breathe & Think
- Calm
- Virtual Hope Box
- Mindfulness Training
- PAUSE – Relaxation at your fingertip \$1.99
- Headspace
- Fluidity HD by nebulus design
- checky (phone habit tracker)
- Whil. (mindfulness and yoga)
- Daily Yoga
- 5-Minute Yoga
- Yoga Studio
- Gratitude Journal Tree

### YouTube

- Jon Kabat-Zinn- mindfulness and meditation
- Lesley Fight Master Yoga – free online yoga classes

## Children and Teens

### Books

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel
- *Peaceful Piggy Meditation*, Kerry Lee MacLean
- *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 Ahn'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 & adults)
- Calm
- Mindfulness for Children
- Settle Your Glitter
- Meditations for Kids by Highly Meditated (ages 6+)
- Stop, Breathe & Think
- Well Beyond Meditation for Kids
- Super Stretch Yoga (ages 4+)
- Sit With Us (promotes kindness & inclusion at school lunch)

### **YouTube**

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

### **Websites**

- Gozen.com (anxiety)
- School-psyched.com
- Yoga4classrooms.com (yoga cards)
- Heysigmund.com
- Childhood101
- GoNoodle.com – Maximo
- Greentreeyoga.org
- mindfulnessforteens.com
- stressedteens.com
- mindyeti.com (guided audio sessions)