**Mindfulness Resources**:

Books:

For Kids:

* Your Fantastic Elastic Brain by JoAnn Deak
* Mindful Monkey, Happy Panda by Lauren Alderfer
* Moody Cow Meditates by Kerry Lee Maclean
* Peaceful Piggy Meditates
* Ahn’s Anger by Gail Silver
* What Does It Mean to be Present, by Rana Diorio
* Visiting Feelings, by Lauren Rubenstein
* A Handful of Quiet, by Thich Nhat Hanh
* The Three Questions, by John Muth
* Mindful Movements, by Thich Nhat Hanh(comes with a DVD)
* Sitting Still Like a Frog by Eline Snel (comes with a CD)

For Adults learning about/teaching mindfulness:

* The MindUp Curriculum, by Scholastic
* Mindful Games, by Susan Kaiser Greenland
* Mindful Education Workbook, by Daniel Rechtschaffen
* Growing Up Mindful, by Chris Willard

Apps/Websites:

* Calm.com (available on app and website with option for paid version with more access)
* Headspace
* Breathe, Think, Do with Sesame (Sesame Street App)
* Stop, Breathe, and Think
* Go Zen
* Cosmic Kids Yoga on You Tube
* Sesame Street’s Belly Breath on You Tube

\*More extensive list on Common Sense Media

Activities:

* Glitter Jar
* Mindful Coloring
* Mindful Eating Activity
* Breathing abacus
* Calming Caterpillar
* Growing Up Mindful playing/strategies cards
* Hoberman Sphere
* Origami
* Kinetic Sand (buy or make it)
* Yoga (cards, videos, Cosmic Kids)
* Other fun ideas on Mindfulteachers.org

My favorite meditations:

* Loving Kindness (Metta) Meditation (I take out some phrases depending on ages)
* Spiderman Meditation (Kidsrelaxation.com)
* Magic Shell Meditation (themindfulword.org)
* Sitting Still Like a Frog (Sitting Still Like a Frog CD)
* A Little Boost (Sitting Still Like a Frog CD)

When in doubt, Google it and check it out before sharing!