

## **Some Mindfulness Resources/Websites**

[www.mindfulschools.org](http://www.mindfulschools.org)

[www.tobemindful.com](http://www.tobemindful.com)

[www.mindful.org](http://www.mindful.org)

[www.mrsmindfulness.com](http://www.mrsmindfulness.com)

[www.happify.com](http://www.happify.com)

[Stop, Breath & Think \( app\)](#)

[www.insighttimer.com](http://www.insighttimer.com) (app)

[Whil or Grow.whil \(teens\) \(app\)](#)

**10 Mindful Minutes** by Goldie Hawn with Wendy Holden. This book focuses on what mindfulness is and isn't, how to start your own practice (easy), and gives fun activities/games to use in your home on your own, with your family and in your class.

**10% Happier** by Dan Harris. A great book for the skeptic and type A personality. He writes about how he hits bottom and what his mindfulness and meditation experiences uncovered with humor and honesty.

**The Mindful Child** by Susan Kaiser Greenland. This book is packed with loads of mindful activities you can do as an individual and as a family. It also digs a little deeper into mindfulness and some of the theory behind it's origins and core philosophy.

**Mindful Teaching and Teaching Mindfulness** by Deborah Schoeberlein with Suki Sheth, Ph.D. This is a good resource book for a teacher wanting to incorporate mindfulness into his/her classroom. The Appendix provides a summary of each chapter which makes a great quick reference for someone wanting to utilize specific activities found in one or more of the chapters.

**Child's Mind** by Christopher Willard. While this author may lean a little more into the meditation aspects of mindfulness, there are still valuable activities to do with a child one to one and in smaller groups. These are more specific to a certain behavior that is getting in the way of a child's success and daily functioning.

**Calm Kids** by Lorraine E. Murray. This book has a informative section about creating a calm environment is also filled with great activities to do with children. It is a little more of a "how to" teach meditation though.

**The Mindful Brain** by Dr. Daniel J. Siegel. This is very brain based and scientific. It is chock full of neuroscience (he is an MD.) and research into mindfulness and brain activity. Chapters 13 has specifics about mindfulness in a more clinical setting and chapter 14 discusses it use in psychotherapy.

**Mindsight** by Dr. Daniel J. Siegel . I have not read it yet. But it is tailored more for therapists.

**The Whole Brain Child** by Dr. Daniel J. Siegel. Anyone with children or working with children will benefit from this amazing resource on child brain development. Put in laymen's terms, no neuroscience degree needed!

**Brainstorm** by Dr. Daniel J. Siegel. Anyone working with adolescent age children will benefit from reading this and using it as a resource. Released in 2014.

**Mindful Magazine** Both print and online versions.

**a still quiet place** by Amy Saltzman MD. A curriculum, but it is written in straight forward language with activities for all ages to utilize and explore.

**The Teenage Brain** by Frances E. Jensen and Amy Ellis Nutt. The neuroscience describing the adolescent brain is powerful and fairly new. An amazing resource for anyone working or living with a teenager.

**How To Train a Wild Elephant** by Jan Chozen Bays, MD. 53 fun and different mindfulness activities/exercises to do that help train our brains- for adults, teens and with a few small modifications, children too.

**The Stress Reduction Workbook for Teens** by Gina M. Biegel, MA, LMFT. This is a great activity resource for helping teens work through the difficulties of life.

**The Mindful Teen**(powerful skills to help...) by Dzung X. Vo, MD, FAAP. I have not read this yet, but it is reviewed as a straight forward approach to teen stress and emotional self-management.

**Mindfulness for Teachers** by Patricia Jennings. This is written by a former teacher for today's teachers and breaks mindfulness down into meaningful chapters.

**Mindfulness Starts with You** by Renee Metty available through Amazon



Mindful Living Events- Trish Miele – [www.tobemindful.com](http://www.tobemindful.com) mindfultrish8@gmail.com

## **Some Great Books You Can Read With Children**

**Mindful Monkey, Happy Panda** by Lauren Alderfer, Illust. By Kerry Lee MacLean

**The Listening Walk** by Paul Showers, Illust. By Aiki

**Wilma Jean the Worry Machine** by Julia Cook, Illust. By Anita Dufalla

**Shy Spaghetti and Excited Eggs** by Marc Nemiroff and Jane Annunziata, Illust. By Christine Battuz

**Take The Time** by Maud Roegiers

**What If Everybody Did That?** by Ellen Javernick, Illust. By Colleen M. Madden

**My Brave Year of Firsts** by Jamie Lee Curtis and Laura Cornell

**You Are Not Your Thoughts** by Brian Despard. There are two versions, one more geared for younger children and one for adolescents.

**What Does It Mean To Be Present?** By Rana DiOrio

**Visiting Feelings** By Lauren Rubenstein. Nice for younger ones with lovely illustrations. I have the kids act out some of the references to make it more relatable.

**Sitting Still Like A Frog** by Eline Snel. Filled with mindfulness activities/exercises to do with children. Includes an audio disk for guided exercises.

**The Most Magnificent Thing** (A. Spires,) to complement "growth mindset" books like

**Your Fantastic Elastic Brain** (J. Deak,)

**Cool Down and Work through Anger** (and all the other picture books by C. Meiners, from the Learning to Get Along series)

**Moody Cow Meditates** (K. MacLean,)

**Lemonade Hurricane** (L. Morelli,)

**What does it mean to be Present?** (R. DiOrio,)

**Each Breath a Smile** (Thich Nhat Hanh - and other children's books by him)

**Stress can really get on your Nerves** (T. Romain, and E. Verdick, - and all the other books in their series; DVDs too)

**Fighting Invisible Tigers** (E. Hipp,) for tween

**Alicia's Mindfulness** by Raul Salazar

**Who Am I?** by Jasmine Bharucha

**Wisdom Within** by Allison Morgan

**Take the Time:** Mindfulness for Kids by Maud Roegiers

**Water Can Be...**by Laura Purdie Salas

**Benito's Dream Bottle** by Naomi Shihab Nye

**Peaceful Piggy's Meditation** by Kerry Lee Maclean

**The Three Questions** [Based on a story by Leo Tolstoy] by Jon J. Muth

**Silence** by Lemniscates

**Charlotte and the Quiet Place** by Deborah Sosin

**I Take a DEEEEP Breath** by Sharon R. Penchina

**Master of Mindfulness, How to Be Your Own Superhero in Times of Stress.** by Angelina Alvarez

**El Pequeño Yoqui: Una maravillosa iniciación en la práctica de Yoga** (Spanish Edition)by Alejandra Aliaga

**Julieta y un día en el jardín: Un cuento de primavera de yoga para niños** (Spanish Edition) by Giselle Shardlow

**Lucas en un Dia en la Playa: Un Cuento de Yoga para Niños Divertido y Educativo** (Kids Yoga Stories) (Spanish Edition) by Giselle Shardlow

**OOOMMM MMMOOO:** Yoga para ninos (Spanish Edition) by Maria Villega

