

## Resources for Children/Teens

### Books

10 Mindful Minutes, Goldie Hawn

MindUp Curriculum: Grades Pre-K-2, Brain Focused Strategies for Learning and Living, by the Hawn Foundation 2011

MindUp Curriculum: Grades 3-5, Brain Focused Strategies for Learning and Living, by the Hawn Foundation 2011

MindUp Curriculum: Grades 6-8, Brain Focused Strategies for Learning and Living, by the Hawn Foundation 2011

MindUp is a research-based training program for educators and children. The program is composed of 15 lessons in neuroscience. Students learn to self-regulate behaviour and mindfully engage in focused concentration required for academic success.

MindUp – [thehawnfoundation.org/mindup](http://thehawnfoundation.org/mindup)

The Mindful Child: How to Help Your Child Manage Stress and Become Happier, Kinder and More Compassionate, by Susan Kaiser Greenland, 2010

Susan also has a website [www.innerkids.com](http://www.innerkids.com)

Sitting Still Like a Frog, Mindfulness Exercises for Kids (and their Parents)

Eline Snel, forward by Jon Kabat-Zinn (with CD of guided meditations for children, voiced by Myla Kabat-Zinn)

Moody Cow Meditates, Kerry Lee MacLean

Peaceful Piggy Meditation, Kerry Lee MacLean

Mindful Monkey, Happy Panda, Lauren Alderfer

Sea Otter Cove, Lori Lite

Angry Octopus, Lori Lite

(Some of these books can be found at Self Connection Books)

### Websites and Videos

[Stressfreekids.com](http://Stressfreekids.com) – Lori Lite

[Stressedteens.com](http://Stressedteens.com)

Utube Video/Audio– Floating on a Cloud (meditation)

[Psychologyfoundation.org](http://Psychologyfoundation.org) (The Psychology Foundation of Canada – Kids Have Stress Too!)  
Activities and Exercises for kids to learn how to name their stress and how they deal with it.

## **Other**

Mind Jar – The Moody Cow Mind Jar instructions

Breathing Ball

Eating One Raisin: A First Taste of Mindfulness

Mindful Eating (excerpt from The Mindfulness Revolution, Edited by Barry Boyce)