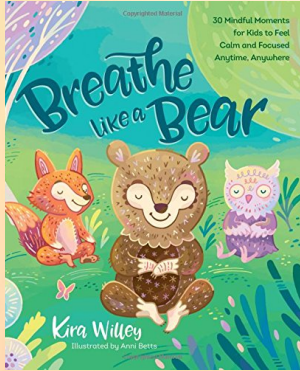


MINDFULNESS FOR KIDS

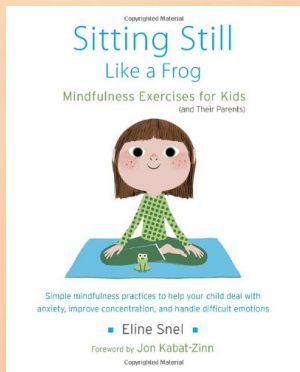
RECOMMENDED READS



Breathe Like a Bear

by Kira Willey

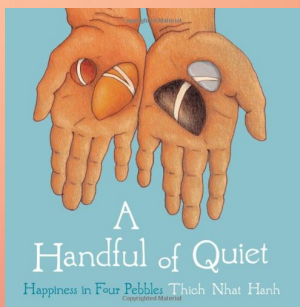
Breathe Like a Bear is a beautiful collection of 30 mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. These simple and short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.



Sitting Still Like a Frog

by Eline Snel

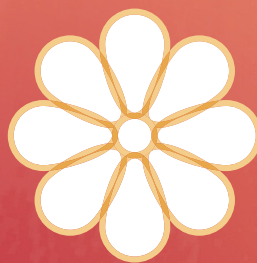
This little book has a lot of power! It is a very appealing introduction to mindfulness meditation for children and their parents. In a simple way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.



A Handful of Quiet: Happiness in Four Pebbles

by Thich Nhat Hanh

This beautiful book introduces the concept of pebble meditation, a playful activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on way that touches on their connection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

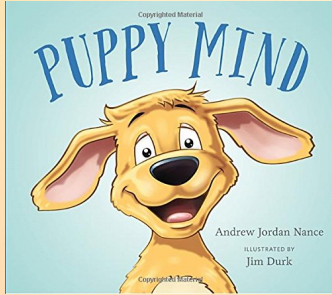


MINDFULNESS FOR KIDS

RECOMMENDED READS

Puppy Mind

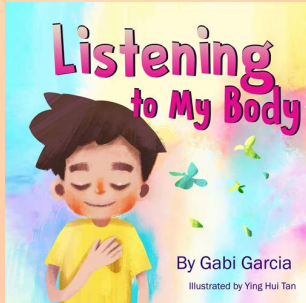
by Andrew Jordan Nance



This picture book is for children and adults, and is illustrated by Jim Durk, who is known for the *Clifford the Big Red Dog* and *Thomas the Steam Engine* books. A young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to stay in the present moment.

Listening to My Body

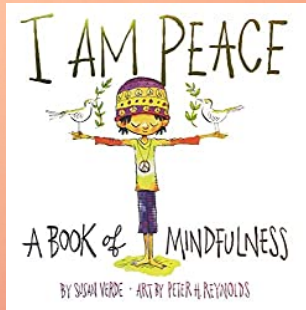
by Gabi Garcia



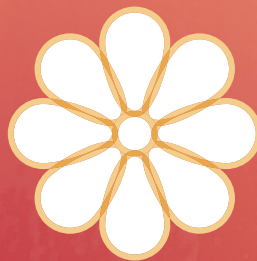
Curiosity is normal in children, but most often, their feelings and sensations about people and things remain unexplained. *Listening to My Body* is an interactive book that engages children and helps them name their feelings and sensations and understand the connection between them. This book makes use of mindfulness activities to help kids develop emotional resilience.

I Am Peace: A Book of Mindfulness

by Susan Verde

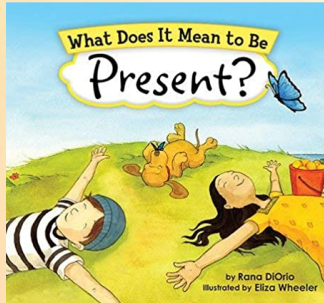


Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored.



MINDFULNESS FOR KIDS

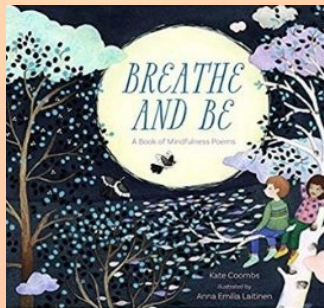
RECOMMENDED READS



What Does It Mean to Be Present?

by Rana DiOrio

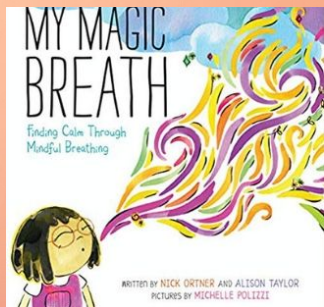
This book has many easy to understand ideas for kids ages 4-8 along with practical ways kids can be present. Being present means...Noticing when someone needs help. Waiting patiently for your turn. Focusing on what's happening now. Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present.



Breathe and Be: A Book of Mindfulness Poems

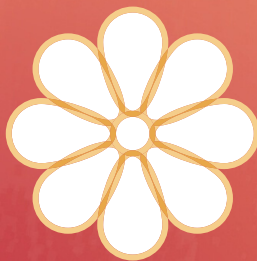
by Kate Coombs

Mindfulness teaches us how to stay calm, soothe our emotions, and appreciate the world around us. Whether we're watching tiny colored fish darting in the water or exploring the leaves, branches, and roots of a towering tree, the thoughtful words and the lovely art of *Breathe and Be* remind us how much joy we can find by simply living with awareness and inner peace.



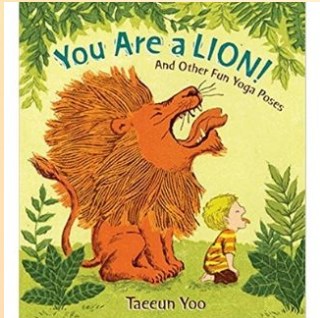
My Magic Breath: Finding Calm Through Mindful Breathing **by Nick Ortner and Alison Taylor**

In a world that is sometimes too busy, with too many things going on, *My Magic Breath* will help steer children into a serene space of mindfulness, self-awareness, and balance. This is a unique and interactive book that allows kids to learn how their breathing can steer away bad thoughts and bring in happy ones. It is an empowering story, one we love for the way it speaks so authentically to children and helps them recognize they have tremendous control over their emotional being.



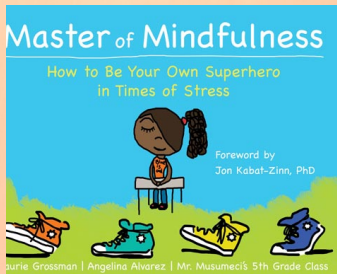
MINDFULNESS FOR KIDS

RECOMMENDED READS



You Are a Lion! And Other Fun Yoga Poses **by Tae-eun Yoo**

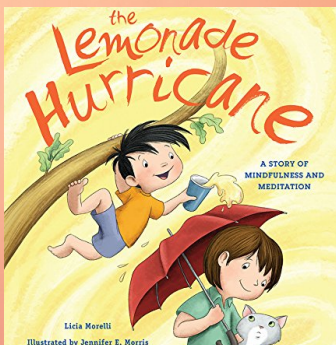
With simple instructions and bright, clear illustrations, this book invites children to enjoy yoga by assuming playful animal poses. The author encourages children to pretend to be the animal – to flutter like a butterfly, hiss like a snake, roar like a lion and more. Yoga is great for kids because it promotes flexibility and focus – and it's relaxing good fun!



Master of Mindfulness: How to Be Your Own Superhero in Times of Stress

by Laurie Grossman

Master of Mindfulness is an empowering book that is written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so that you can be your own superhero—no matter what life throws your way!



The Lemonade Hurricane: A Story of Mindfulness and Meditation

by Licia Morelli

Emma doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him The Lemonade Hurricane. Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.

