



# Practicing Mindfulness

## Recommended Book List

### Infant–Preschool

**Baby Loves Calm-** Jennifer Eckford

B is for Breathe, C is for Calm and F is for Feelings in this beautiful ABC book designed to teach very young children the basic concepts of mindfulness and meditation. (Ages 0-3)

**Little Monkey Calms Down-** Michael Dahl

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down. He sings a quiet song, cuddles with his blankie, and learns how take deep breaths. A relatable book for toddlers that teaches self soothing in an effective way. Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down. (Ages 2-4)

**Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness and Joy in Kids-** Hiedi France, EdD

Your toddler or preschooler lives in the moment, but they can still feel overwhelmed. Mindfulness for Little Ones helps children ages 2 through 5 move toward healthy coping skills and behaviors with playful, developmentally appropriate activities. Designed to tap into your child's innate curiosity and boundless energy, these fun activities promote the repetition, sensory play, and positive emotions that develop mindfulness for kids. (Ages 2-5)

**ABC Mindful Me-**Christiane Engel

From Awareness to Zen, and everything in between, take a deep breath, find some quiet space, and discover the magic of mindfulness! A fun read for the entire family, ABC Mindful Me is not only perfect for teaching toddlers their ABCs, but also for introducing them to key mindfulness tenets which promote physical and mental wellness through breathing, compassion, gratitude, and kindness. (Ages 3+)

### Early Elementary

**Puppy Mind-** Andrew Jordan Nance

In this picture book for children and adults 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 heal to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers. (Ages 3-8)

**Meditation Station-** Susan B. Katz

All aboard for Meditation Station! It's time to learn how to manage our busy minds, difficult feelings, and frustrations by staying with our breath and in our body. Your train of thoughts might be racing, but you can manage it with some simple steps. Take a deep breath in, and then let the breath out slowly. That is how you will learn what meditation is all about. The next train is coming. Can you hear it chugging along? Stay in the meditation station--don't hop on the train! Just wave goodbye to your racing mind and find inner calm. (Ages 4-8)

**Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere-** Kira Willey

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, 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. (Ages 4-8)

**I Am Peace: A Book of Mindfulness-** Susan Verde

Mindfulness means being fully in the present moment. Children can learn how to manage their emotions, make good choices, and balance their busy lives by learning to be mindful, express emotions through speech, find empathy through imagination, and wonder at the beauty of the natural world. (Ages 4-8)





## Upper Elementary/Middle School

### ***Listening to My Body***- Gabi Garcia

*Listening to my Body* is an engaging and interactive book that guides children through the practice of naming their feelings and the physical sensations that accompany them. Learning to tune into their bodies and do this, is a foundation for self-regulation. (Ages 4-10)

### ***Just Breathe: Meditation, Mindfulness and Movement and More***- Mallika Chopra

Beginners will learn the basics of meditation and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces. *Just Breathe* is the go-to book for kids who want to learn more about mindfulness and meditation. (Ages 8-12)

### ***This Moment Is Your Life (and So Is This One): A Fun and Easy Guide to Mindfulness, Meditation, and Yoga***- Miriam Gates

This engaging guide, packed with simple exercises and endearing full-color artwork, provides a handy starting point for bringing mindfulness into your daily life. Chapters on meditation, yoga, and mindful breathing explain the benefits of these practices, and you are free to pick and choose what to try. There are quick exercises throughout, and a more extensive tool kit at the end of each chapter. The final chapter offers satisfying five-day challenges that map out ways to pull all of the book's mindfulness techniques together in your day-to-day life. (Ages 10-14)

## Highschool

### ***The Self-Compassionate Teen: Mindfulness and Compassion Skills to Conquer Your Critical Inner Voice***- Karen Bluth PhD.

This book offers fun, everyday exercises grounded in mindfulness and self-compassion to help you overcome crippling self-criticism and respond to feelings of self-doubt with greater kindness and self-care. You'll find real tools to help you work through difficult thoughts and feelings, navigate life's emotional ups and downs, and be as accepting of yourself as you are of others

### ***Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self***- Jennie Marie Battistin MA LMFT

Learn how to use mindfulness, or the ability to be fully aware in the present moment, to reduce everyday stress. *Mindfulness for Teens in 10 Minutes a Day* shows you how to take control of your feelings and focus your attention with short, simple mindfulness activities.

## Parents and Caregivers

### ***Everyday Blessings: Mindfulness for Parents***- Myla and Jon Kabat Zinn

*Everyday Blessings* is a practical and inspiring book which offers a clear outline for people who want to understand and embrace mindful parenting. It is one of the few books on parenting that embraces the emotional, intuitive and deeply personal experience of being a parent and shows you how to apply the practice of mindfulness meditation to parenting children of all ages.

### ***Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids***- Hunter Clarke-Fields

With this book, you'll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You'll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways.

When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future. With this essential guide, you'll see how changing your own “autopilot reactions” can create a lasting positive impact, not just for your kids, but for generations to come.

### ***Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)***- Eline Snell

Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible 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. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions

### ***The Little Frog Awakes: Mindfulness Exercises for Toddlers (and Their Parents)***- Eline Snell

In *The Little Frog Awakes*, Eline Snel offers parents of young children advice and tools for responding mindfully and effectively in the moment. These skills help us regain trust in ourselves and in the integral wholeness of our kids. And when we make mindfulness practice a part of daily life, it gives our children a powerful message on how to recognize, name, and deal with emotions and situations.