

Books to read to kids

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel and Myla Kabat-Zinn. For ages 5-12. Simple mindfulness practice to help deal with anxiety, improve concentration and handle difficult emotions. CD included.

Mindful Monkey, Happy Panda by Lauren Alderfer and Kerry Lee MacLean

What Does IT Mean to Be Present? By Rana DiOrio (Author), Eliza Wheeler (Illustrator)

Puppy Mind by Andrew Nance

Mind Bubbles by Heather Krantz

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) Christopher Willard PsyD



Apps for kids

Smiling Mind: Includes meditations geared for specific ages 7 through adult

Breathe 2 Relax: A FREE app designed to help kids practice relaxing breathing exercises

Headspace (for kids): Teaches parents and children together for all ages.

Calm: Provides mindfulness and sleep stories for children of varying ages.

Three Good Things: A Happiness Journal-focuses on the positive and what went well each day.

Insight Timer: Free for parents and children focusing on relaxation, managing stress and concentration and sleep examples.

SuperStretch Yoga: Gets kids moving and relaxing with warm video intro to yoga

Stop, Breathe and Think Kids - Focus, Calm & Sleep: Kids name emotions and go on mindful missions

