

Mindfulness & Well-Being Resources

collected by

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one-on-one and small group coaching for all ages

training for educators and parent groups

refuge: mindfulness and wellness for middle schoolers

(please note: this collection is not intended to be comprehensive but rather an introduction to a variety of mindfulness and wellness-related resources for caregivers, educators, and kids with a secular emphasis)

Online:

Mindful Schools

[The Greater Good Science Center, University of California at Berkeley](#)

Cultivating Emotional Balance

[Center for Mindful Self-Compassion](#)

Mindsight Institute

Dr. Rick Hanson

Mindful

The Wholehearted Parenting Manifesto—Dr. Brené Brown

Videos & Film:

Just Breathe by Julie Bayer Salzman & Josh Salzman, Wavecrest Films

Mindful Schools ([video portion of their website](#))

How to Practice Emotional Hygiene: Dr. Guy Winch,
TEDxLinnaeusUniversity

[May I Be Happy](#) a film by Eric Georgeault and H  l  ne Walter

Books for Kids:

What Does It Mean to be Present?

Rana DiOrio & Eliza Wheeler; Little Pickle Press, 2010

Your Fantastic Elastic Brain

JoAnn Deak Ph.D and Sarah Ackerley; Little Pickle Press, 2010

The Brain is Kind of a Big Deal

Nick Seluk, Orchard Books, 2019

A Handful of Quiet: Happiness in Four Pebbles

Thich Nhat Hanh; Plum Blossom Books, 2012

Listen

Holly M. McGhee; Roaring Book Press; 2019

Quiet

Tomie dePaola; Simon & Schuster Books for Young Readers, 2018

Anh's Anger

Gail Silver & Christiane Kromer; Plum Blossom Books, 2009

A Little Spot of Emotion

Diane Alber; Diane Alber Art LLC/Cymbolix

The Problem-Solving Superhero: A Child's Growth Mindset Book About Becoming a Problem Solver

Heidi Miget and Yogita Chawdhary; independently published, 2021

I Am Stronger Than Anger: Picture Book About Anger Management and Dealing with Kids' Emotions and Feelings

Elizabeth Cole; independently published 2020

I am Stronger than Anxiety: Children's Book About Overcoming Worries, Stress, and Fear

Elizabeth Cole; independently published, 2021

Teach Your Dragon to Understand Consequences: A Dragon Book to Teach Children About Choices and Consequences

Steve Herman; DG Books Publishing, 2018

Bubba the Hamster Tames His Tantrums: A Mindful Children's Anger Management Book to Help Kids Understand and Control Emotions of Anger

Olivia Wade; independently published, 2020

Listening to My Body

Gabi Garcia; Skinned Knee Publishing, 2017

Listening With My Heart: A Story of Kindness and Self-Compassion

Gabi Garcia; Skinned Knee Publishing, 2017

My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings

Natalia Maguire; VLB, 2020

Sidewalk Flowers

JonArno Lawson; Groundwood Books, 2015

Here and Now

Julia Denos; Clarion Books, 2019

The Rabbit Listened

Cori Doerrfeld; Dial Books, 2018

Secret of the Peaceful Warrior: A Story About Courage and Love

Dan Millman and T. Taylor Bruce; H.J. Kramer, Inc., 1991

The Want Monsters: And How They Stopped Ruling My World

Chelo Manchego; Shambhala, 2017

365 Days of Wonder: Mr. Browne's Precepts

R.J. Palacio; Knopf Books for Young Readers, 2015

Pay It Forward: Young Readers Edition

Catherine Ryan Hyde; Simon & Schuster/Paula Wiseman Books, 2014

The Sound of Silence

Katrina Goldsaito; Little, Brown and Company, 2016

What Does it Mean to be Kind?

Rana DiOrio; Little Pickle Press, 2015

Peace Is An Offering

Annette LeBox; Dial Books, 2015

The Carrot Seed

Ruth Krauss, Scholastic, 1945

I Am Love: A Book of Compassion

Susan Verde; Harry N. Abrams, 2019

Niko Draws a Feeling

Robert Raczka and Simone Shin; Carolrhoda Books, 2017

Even Superheroes Have Bad Days

Shelly Becker; Sterling Children's Books, 2016

Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days and All the Feelings In-Between

Christopher Willard and Wendy O'Leary, Bala Kids, 2019

I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings

Lory Britain Ph.D., Free Spirit Publishing, 2019

A Whale of a Mistake

Ioana Hobai, Page Street Kids, 2020

Saturday

Oge Mora, Little, Brown Books for Young Readers, 2019

Thank You, Omu!

Oge Mora, Little, Brown Books for Young Readers, 2018

Books for Educators & Caregivers:

The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness

Rhonda V. Magee; Tarcher Perigee, 2019

Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing

David A. Treleaven; W.W. Norton & Company, 2018

Hardwiring Happiness

Rick Hanson, Ph.D.; Harmony Books, 2013

The Emotional Life of Your Brain

Richard J. Davidson, Ph.D. with Sharon Begley; PLUME, 2013

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being
Daniel J. Siegel, MD; W.W. Norton & Company, 2007

Mindful of Race
Ruth King, Sounds True, 2018

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom
Patricia A. Jennings; W.W. Norton & Company, 2015

Teach, Breathe, Learn: Mindfulness In and Out of the Classroom
Meena Srinivasan; Parallax Press, 2014

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students
Daniel Rechtschaffen; W.W. Norton & Company, 2014

Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families
Susan Kaiser Greenland; Shambhala Publications, 2016

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
Resmaa Menakem, Central Recovery Press, 2017

Self-Compassion: The Proven Power of Being Kind to Yourself
Kristin Neff, Ph.D.; William Morrow Publishing, 2011

The Self-Compassion Workbook for Teens
Karen Bluth, Ph.D.; Instant Help Books, 2017

Teaching the Mindful Self-Compassion Program: A Guide for Professionals
Christopher Germer and Kristin Neff; The Guilford Press, 2019

Sitting Still Like a Frog: Mindfulness Exercises for Kids and Their Parents
Eline Snel; Shambhala Publications, 2013

Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents
Christine Carter, Ph.D.; Ballantine Books, 2011

Making Grateful Kids: The Science of Building Character
Jeffrey Froh and Giacomo Bono, Templeton Press, 2015

Awakening Joy: 10 Steps to Happiness
James Baraz; Parallax Press, 2012

Awakening Joy for Kids: A Hands-On Guide for Grown-Ups to Nourish Themselves and Raise Mindful, Happy Children

James Baraz and Michele Lilyanna; Parallax Press, 2016

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

Daniel J. Siegel, MD; Bantam, 2012

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

Susan Kaiser Greenland; Atria Books, 2010

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Daniel J. Siegel, MD; Tarcher Perigee, 2013

Brainstorm: The Power and Purpose of the Teenage Brain

Daniel J. Siegel, MD; Tarcher Perigee, 2015

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

Brené Brown, PhD, LMSW; Avery, 2015

The Gifts of Imperfection

Brené Brown, PhD, LMSW; Hazelden Publishing, 2010

The Practice of Groundedness: A Transformative Path to Success That Feeds—Not Crushes—Your Soul

Brad Stulberg; Portfolio, 2021

Can't Stop Thinking: How to Let Go of Anxiety and Free Yourself from Obsessive Rumination

Nancy Colier; New Harbinger Publications, 2021

Burnout: The Secret to Unlocking the Stress Cycle

Emily Nagoski, PhD and Amelia Nagoski, DMA; Random House Publishing Group, 2020

The Comfort Book

Matt Haig; Penguin Life, 2021

The Untethered Soul: The Journey Beyond Yourself

Michael A. Singer; New Harbinger Publications/Noetic Books, 2007

Wintering: The Power of Rest and Retreat in Difficult Times

Katherine May; Riverhead Books, 2020

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones
James Clear; Bibliophilist Publisher Books, 2018

Unwinding Anxiety
Judson Brewer, MD, PhD; Avery, 2022

A Still Quiet Place for Teens
Amy Saltzman, MD; Instant Help Books, 2016

The Executive Functioning Workbook for Teens
Sharon A. Hansen, MSE, NBCT; Instant Help Books, 2013

A Mindfulness-Based Stress Reduction Workbook
Bob Stahl, Ph.D. and Elisha Goldstein, Ph.D.; New Harbinger Publications, 2010

Say What You Mean: A Mindful Approach to Nonviolent Communication
Oren Jay Sofer; Shambhala Publications, 2018

Age of Opportunity: Lessons from the New Science of Adolescence
Laurence Steinberg, Ph.D.; Mariner Books/Houghton Mifflin Harcourt, 2014