

Mindfulness Resources

Where to Begin

- [How to Begin Your Practice](#)
- [Calm.com](#)
- [Mindfulness Strategies Workbook](#)
- [Mindful Minute Breaks](#)
- [Mindfulness Weekly Check In](#)

Breathing Strategies

- [Mindful Breathing Posters](#)
- [Mindfulness Breath Boards](#)
- [Balloon Breathing](#)
- [Breathing Mats](#)
- [Breathing Choices](#)
- [Calming Strategies poster](#)
- [Calming Strategies poster \(2\)](#)

Grounding Strategies

- [5 Senses Grounding Tool](#)
- [Grounding Strategy Cards](#)

Coloring Pages

- [Mindfulness Coloring Pages](#)
- [Mandala Coloring](#)
- [Mindfulness Coloring Pages](#)

Go Noodle Videos

- [Mindfulness Video](#)
- [Rainbow Breathing Exercise](#)
- [Glitter Jar Breathing Exercise](#)
- [Yoga Video](#)
- [Mindfulness and Breathing](#)

Practicing Gratitude

- [My Gratitude List Worksheet](#)
- [Gratitude Prompts](#)
- [Gratitude Journal](#)
- [A-Z Gratitude](#)
- [Go Noodle Gratitude Video](#)

Books About Mindfulness

[Sitting Still Like a Frog](#) by Eline Snel
[Peace Piggy Meditation](#) by Kerry Lee MacLean
[A Handful of Quiet: Happiness in Four Pebbles](#) by Thich Nhat Anh
[Meditation is an Open Sky](#) by Whitney Stewart
[Puppy Mind](#) by Andrew Jordan Nance
[Breathe Like a Bear](#) by Kira Willey
[Master of Mindfulness](#) by Laurie Grossman
[What Does It Mean To Be Present?](#) by Rana DiOrio
[Mindful Monkey, Happy Panda](#) by Kerry Lee MacLean

and Lauren Alderfer

[Good Morning Yoga: A Pose-by-Pose Wake Up Story](#) by
Mariam Gates

[The Lemonade Hurricane: A Story of Mindfulness and
Meditation](#) by Licia Morelli

[You Are a Lion! And Other Fun Yoga Poses](#) by Taeun Yoo

[ABC Yoga](#) by Christiane Engel

[I Am Yoga](#) by Susan Verde

[I Am Peace](#) by Susan Verde

[The Grateful Giraffe: A Kids Yoga Feelings Book](#) by Giselle
Shardlow