

# Mindfulness Resources

The books and videos below are further resources for building mindfulness skills. Have fun and have quiet, peaceful moments with your children.

## Books for Children

[The Want Monsters](#), Chelo Manchego  
[Puppy Mind](#), Andrew Jordan Nance  
[A Handful of Quiet](#), Thich Nhat Hanh  
[Courage](#), Bernard Waber  
[Meditation is an Open Sky](#), Whitney Stewart  
[When Lions Roar](#), Robie Harris  
[The Quiet Book](#), Deborah Underwood  
[Peaceful Piggy Meditation](#), Kerry Lee MacLean  
[Moody Cow Meditates](#), Kerry Lee MacLean  
[Mindful Monkey, Happy Panda](#), Linda Alderfer  
[My Daddy is a Pretzel](#), Baron Baptiste  
[Personal Space Camp](#), Julia Cook  
[Ish](#), Peter H. Reynolds  
[Zoom](#), Istvan Banyai  
[Fantastic Elastic Brain](#), Joann Deak  
[City Dog, Country Frog](#), Mo Willems  
[Visiting Feelings](#), Lauren Rubenstein  
[Anh's Anger](#), Gail Silver

## Videos

[Sesame Street with Elmo](#)

[YouTube video Bite-Sized Mindfulness: An Easy Way for Kids to be Happy and Healthy](#)

## Activities

[5 mindfulness activities for kids \(no meditation required\) - Today's Parent](#)

Blow Bubbles - encourages slow breathing, notice colors and floating bubbles

Blow Pinwheels - encourages slow breathing

Sense Safari - calming and brings awareness to the present moment

Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

