

## Resources for Children in Kindergarten – Fifth Grade and Their Teachers

### Questions that guide most activities with children:

- Before and after the activity, consider asking, what do you notice about your breathing now? What sounds are you aware of? What do you notice about you body?
- Invite **all** comments, allowing for different opinions without judgment. If there are comments about disliking the activity, get curious about that. A teacher’s mindful approach sets the tone.

### Children’s Books

- ❖ *Sitting Still Like a Frog* by Eline Snel
- ❖ *Goodnight Yoga* and *Good Morning Yoga* by Miriam Gates
- ❖ *Listen, Listen* by Phillis Gershtator and Alison Jay
- ❖ *Play with Me* by Marie Hal Ets – not directly about mindfulness but it is a beautiful book about being still
- ❖ *Visiting Feelings* by Lauren Rubenstein
- ❖ *A Handful of Quiet* by Thich Nhat Hanh
- ❖ *The Lemonade Hurricane* by Licia Morelli and Jennifer Morris
- ❖ *Moody Cow Meditates* by Kerry Lee MacLean – in the back of this book there are instructions for creating a “calming glitter jar” that has become popular
- ❖ *Take the Time* by Maud Roegiers
- ❖ *Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh and the Plum Village Community
- ❖ *What Does It Mean To Be Present?* by Rana DiOrio and Eliza Wheeler

### Children’s Videos

- ❖ “Just Breathe” by Julie Bayer Salzman and Josh Salzman (see on YouTube)
- ❖ “Kids Explain Mindfulness” – (see on YouTube – from New Zealand)

### Adult Books and Card Decks

- ❖ *Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education*
- ❖ *Teach, Breathe, Learn* by Meena Srinivasan
- ❖ *Growing Up Mindful* by Christopher Willard, PsyD (this is also a useful resource for parents)
- ❖ *Growing Mindful Cards* by Christopher Willard, PsyD
- ❖ *The Mindful Child* by Susan Kaiser-Greenland
- ❖ *Mindful Games* by Susan Kaiser Greenland.

### Websites

- ❖ [mindfulteachers.org](http://mindfulteachers.org)
- ❖ Edutopia resources: <https://www.edutopia.org/article/mindfulness-resources>
- ❖ Multiple links from this site: <http://www.ascd.org/publications/newsletters/education-update/nov14/vol56/num11/Mindfulness-Resources.aspx>
- ❖ Article in *NY Times*: <https://www.nytimes.com/2017/09/07/learning/lesson-plans/cultivating-mindfulness-for-educators-using-resources-from-the-new-york-times.html>
- ❖ Mindful resources – quite comprehensive ([https://www.mindful.org/resources\\_directory/](https://www.mindful.org/resources_directory/))
- ❖ ADDitude magazine: <https://www.additudemag.com/ten-mindfulness-exercises/>
- ❖ ADDitude magazine: Webinar about incorporating mindfulness in schools particularly for children with ADHD (<https://www.additudemag.com/webinar/mindfulness-meditation-for-kids/>)

### Curricula

- ❖ Mindful Schools

- ❖ MindUP
- ❖ Still Quiet Place by Amy Saltzman
- ❖ Learning2Breathe
- ❖ Stop, Breathe and Think through Tools for Peace
- ❖ CASEL (casel.org) Collaborative for Academic, Social and Emotional Learning (incorporates Learning2Breathe as part of its curriculum) (See also: How Social Emotional Learning (SEL) and Mindfulness can work together:  
[https://greatergood.berkeley.edu/article/item/how\\_social\\_emotional\\_learning\\_and\\_mindfulness\\_can\\_work\\_together](https://greatergood.berkeley.edu/article/item/how_social_emotional_learning_and_mindfulness_can_work_together))