### TOP 50 MINDFULNESS RESOURCES for CHILDREN and TEENS

#### APPS (all ages)
- 1. Insight Timer
- 2. Calm
- 3. Headspace
- 4. Waking Up Children
- 5. Smiling Mind
- 6. Breathe, Think, Do with Sesame
- 18. What Does it Mean to be Present? by Rana DiOrio
- 19. Take the Time by Maud Roegiers
- 20. I am Peace by Susan Verde and Peter H. Reynolds
- 21. Puppy Mind by Andrew Jordan Nance
- 22. I Can Handle It! by Laurie Wright
- 23. I Matter (Mindful Mantras) by Laurie Wright
- 24. Charlotte and the Quiet Place by Deborah Sosin
- 25. My Magic Breath by Nick Ortner
- 26. Breathing Makes it Better by Christopher Willard
- 27. Bee Still by Frank Silio
- 28. Mind Bubbles by Heather Krantz
- 29. Wild Mindfulness by Laura Larson
- 30. A World of Pausabilities by Frank Silio
- 31. Here and Now by Julia Denos
- 32. Mindfulness for Kids Activities for Kindness, Focus, and Calm
- 33. Relax Kids by Marneta Viegas

#### CHILDREN'S BOOKS
- 7. Alphabreaths by Christopher Willard and Daniel Rechtschaffen
- 8. Breathe Like a Bear by Kira Willey
- 9. A Handful of Quiet by Thich Nhat Hanh
- 10. Stand Tall Like a Mountain by Suzy Reading
- 11. Sitting Like a Frog by Eline Snel
- 12. I Am Yoga by Susan Verde
- 13. I Breathe by Susie Brooks
- 14. Matt's Swirly World by Madeleine Matthews
- 15. Slumberkins: by Slumberkins
- 16. Breathe and Be by Kate Coombs
- 17. Silence by Lemniscates

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### Top 50 Mindfulness Resources for Children and Teens

#### Teen Books

- 34. Practicing Mindfulness by Matthew Sockolov
- 35. Mindfulness for Teens in 10 Minutes a Day by Jennie Marie Battistin
- 36. The Mindfulness Journal for Teens by Jennie Marie Battistin
- 37. 5-Minute Mindfulness Meditations for Teens by Nicole Libin
- 38. The Mindful Teen by Dzung X. Vo MD FAAP
- 39. Mindful Games Activity Cards by Susan Kaiser Greenland
- 40. Be Mindful Card Deck for Teens by Gina M. Biegel
- 41. Mindfulness for Teen Worry by Jeffrey Bernstein

#### Videos (all ages)

- 42. Cosmic Kids Yoga
- 43. 20 Minute Yoga for Youth with Nicole Cardoza
- 44. The Power of Paying Attention by TedX
- 45. 3 Minutes Body Scan Meditation by Fablefy
- 46. Cosmic Kids Zen Den Playlist - Mindfulness Series for Kids by Cosmic Kids

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IN THIS EPISODE, CHILDREN WILL

- learn they can train their brain to enjoy each moment as it comes
- travel to Memphis, Tennessee in the USA
- be inspired by Nicole Cardoza, a yoga instructor and social entrepreneur

DISCUSSION QUESTIONS

- What does Nicole imagine when she feels overwhelmed? (that her brain is like a radio)
- What does being mindful mean? (focusing on what's happening here and now)
- How might being mindful help you?

TRY THESE ACTIVITIES

1. Complete Weeks 19 & 20 "Be Mindful" in the Big Life Journal - 1st Edition. Practice mindful smiling every morning when your child wakes up. If done regularly, this exercise will make children happier, healthier, and more positive.

2. Use My Mindfulness Bingo (in our Positivity & Connection Kit) to help your child feel more connected to themselves by practicing mindfulness. This fun bingo game is the perfect introduction to various mindfulness activities.

3. Check out our Mindfulness Playlist on Spotify! This music will help your children relax while doing mindfulness activities.

4. Mindful Brain Breaks (in our Positivity & Connection Kit) are great activities to do throughout the day. When your children are mindful, they're paying attention to what they are seeing, hearing, tasting, smelling – everything in this moment, right now. They only take a few minutes but can make a difference.

5. Check out the Podcast Activity Kit for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to Episode 21 on Apple Podcast (also available on other platforms). All kits can be found on biglifejournal.com.