

# TOP 50 MINDFULNESS RESOURCES for CHILDREN and TEENS

## APPS (all ages)

- |  |   |
|--|---|
| <input type="checkbox"/> 1. Insight Timer                  | <input type="checkbox"/> 18. What Does it Mean to be Present?<br>by Rana DiOrio |
| <input type="checkbox"/> 2. Calm                           | <input type="checkbox"/> 19. Take the Time by Maud Roegiers                     |
| <input type="checkbox"/> 3. Headspace                      | <input type="checkbox"/> 20. I am Peace by Susan Verde and<br>Peter H. Reynolds |
| <input type="checkbox"/> 4. Waking Up Children             | <input type="checkbox"/> 21. Puppy Mind by Andrew Jordan Nance                  |
| <input type="checkbox"/> 5. Smiling Mind                   | <input type="checkbox"/> 22. I Can Handle It! by Laurie Wright                  |
| <input type="checkbox"/> 6. Breathe, Think, Do with Sesame | <input type="checkbox"/> 23. I Matter (Mindful Mantras) by Laurie Wright        |

## CHILDREN'S BOOKS

- |   |   |
|---|---|
| <input type="checkbox"/> 7. Alphabreaths by Christopher Willard and<br>Daniel Rechtschaffen | <input type="checkbox"/> 24. Charlotte and the Quiet Place<br>by Deborah Sosin                |
| <input type="checkbox"/> 8. Breathe Like a Bear by Kira Willey                              | <input type="checkbox"/> 25. My Magic Breath by Nick Ortner                                   |
| <input type="checkbox"/> 9. A Handful of Quiet by Thich Nhat Hanh                           | <input type="checkbox"/> 26. Breathing Makes it Better<br>by Christopher Willard              |
| <input type="checkbox"/> 10. Stand Tall Like a Mountain by Suzy Reading                     | <input type="checkbox"/> 27. Bee Still by Frank Silio   |
| <input type="checkbox"/> 11. Sitting Like a Frog by Eline Snel                              | <input type="checkbox"/> 28. Mind Bubbles by Heather Krantz                                   |
| <input type="checkbox"/> 12. I Am Yoga by Susan Verde                                       | <input type="checkbox"/> 29. Wild Mindfulness by Laura Larson                                 |
| <input type="checkbox"/> 13. I Breathe by Susie Brooks                                      | <input type="checkbox"/> 30. A World of Pausabilities by Frank Silio                          |
| <input type="checkbox"/> 14. Matt's Swirly World by Madeleine Matthews                      | <input type="checkbox"/> 31. Here and Now by Julia Denos                                      |
| <input type="checkbox"/> 15. Slumberkins:by Slumberkins                                     | <input type="checkbox"/> 32. Mindfulness for Kids<br>Activities for Kindness, Focus, and Calm |
| <input type="checkbox"/> 16. Breathe and Be by Kate Coombs                                  | <input type="checkbox"/> 33. Relax Kids by Marneta Viegas                                     |
| <input type="checkbox"/> 17. Silence by Lemniscates   |   |

# TOP 50 MINDFULNESS RESOURCES for CHILDREN and TEENS

## TEEN BOOKS

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|--|--|
| <input type="checkbox"/> 34. Practicing Mindfulness by Matthew Sockolov                          | <input type="checkbox"/> 47. 5 Mindfulness Exercises for Kids by Cosmic Kids             |
| <input type="checkbox"/> 35. Mindfulness for Teens in 10 Minutes a Day by Jennie Marie Battistin | <input type="checkbox"/> 48. Mindfulness: Youth Voices: by KeltyMentalHealth (for Teens) |
| <input type="checkbox"/> 36. The Mindfulness Journal for Teens by Jennie Marie Battistin         | <input type="checkbox"/> 49. Everyday Mindfulness by About Kids Health (for Teens)       |
| <input type="checkbox"/> 37. 5-Minute Mindfulness Meditations for Teens by Nicole Libin          | <input type="checkbox"/> 50. Mindfulness for Teens and Adults by Fablefy                 |
| <input type="checkbox"/> 38. The Mindful Teen<br>Dzung X. Vo MD FAAP                             |  |
| <input type="checkbox"/> 39. Mindful Games Activity Cards by Susan Kaiser Greenland              |  |
| <input type="checkbox"/> 40. Be Mindful Card Deck for Teens by Gina M. Biegel                    |  |
| <input type="checkbox"/> 41. Mindfulness for Teen Worry by Jeffrey Bernstein                     |  |



## VIDEOS (all ages)

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|--|
| <input type="checkbox"/> 42. Cosmic Kids Yoga  |
| <input type="checkbox"/> 43. 20 Minute Yoga for Youth with Nicole Cardoza                              |
| <input type="checkbox"/> 44. The Power of Paying Attention by TedX                                     |
| <input type="checkbox"/> 45. 3 Minutes Body Scan Meditation by Fablefy                                 |
| <input type="checkbox"/> 46. Cosmic Kids Zen Den Playlist - Mindfulness Series for Kids by Cosmic Kids |



# EPISODE 21 GUIDE

## 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](http://biglifejournal.com).*