

TOP 50 MINDFULNESS RESOURCES for CHILDREN and TEENS

APPS (all ages)

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| <input type="checkbox"/> 1. Insight Timer | <input type="checkbox"/> 18. What Does it Mean to be Present?
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
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

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| <input type="checkbox"/> 7. Alphabreaths by Christopher Willard and
Daniel Rechtschaffen | <input type="checkbox"/> 24. Charlotte and the Quiet Place
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
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
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
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 |



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