

MINDFULNESS RESOURCES:

Books for Adults:

The Mindful Child – Susan Kaiser Greenland

Mindful Games: Sharing Mindfulness and Meditation with Children, Teens and Families – Susan Kaiser Greenland

The Whole-Brain Child – Daniel Siegel

Building Emotional Intelligence – Linda Lantieri

Hardwiring Happiness – Rick Hanson

Full Catastrophe Living – Jon Kabat-Zinn

Books for Kids:

What Does It Mean to Be Present? – Rana Diorio

Peaceful Piggy Meditation – Kerry MacLean

Sitting Still Like a Frog: Mindfulness Exercises for Kids – Eline Snel

Mindful Monkey, Happy Panda – Lauren Alderfer

I Am Peace: A Book of Mindfulness – Susan Verde

Master of Mindfulness: How to Be Your Own Superhero in Times of Stress – Laurie Grossman

Puppy Mind – Andrew Nance

The Lemonade Hurricane – Licia Morelli

Listening to My Body – Gabi Garcia

Moody Cow Meditates – Kerry MacLean

Visiting Feelings – Lauren Rubenstein