

Mindfulness in the Classroom Resource List

Picture Books:

<u>Title</u>	<u>Author</u>	<u>Illustrator</u>
<i>Mindful Monkey, Happy Panda</i>	Lauren Alderfer	Kerry Lee MacLean
<i>Giraffes Can't Dance</i>	Giles Andreae	Guy Parker-Rees
<i>I Believe in Me A Book of Affirmations</i>	Connie Bowen	
<i>I Like Myself</i>	Karen Beaumont	David Catrow
<i>Worry Bee</i>	Ann Biese	Colleen Sgroi
<i>Zen Pig</i> <i>Zen Pig: The Wonder We Are</i> <i>Zen Pig: All That Is Needed</i> <i>Zen Pig: Where You'll Find Love</i>	Mark Brown	Amy Brown
<i>"Slowly, Slowly, Slowly," said the Sloth</i>	Eric Carle	
<i>The Way I Feel</i>	Janan Cain	
<i>My Mouth is a Volcano</i> <i>The Judgmental Flower</i>	Julia Cook	Carrie Hartman Anita DuFalla
<i>Breathe and Be</i>	Kate Coombs	Anna Emilia Laitinen
<i>I Know Here</i>	Laurel Croza	Matt James
<i>My First Yoga</i>	Abbie Davies	
<i>Your Fantastic Elastic Brain</i>	JoAnn Deak	Sarah Ackerley
<i>What Does It Mean To Be Present?</i>	Rana DiOrio	Eliza Wheeler
<i>Dreams Come True All They Need is You!</i>	Mike Dooley	Virginia Allyn
<i>Unstoppable Me!</i>	Dr. Wayne Dwyer	Stacy Heller Budnick
<i>I Wonder</i>	Annaka Harris	John Rowe
<i>Listening to My Body</i> <i>Listening with My Heart</i>	Gabi Garcia	Ying Hui Tan
<i>Breathe with Me</i> <i>Good Morning Yoga</i> <i>Good Night Yoga</i> <i>Meditate with Me: A Step-by-Step Mindfulness Journey</i>	Mariam Gates	Sarah Jane Hindler Margarita Surnaite
<i>Master of Mindfulness: How to be Your Own Superhero in Times of Stress</i>	Laurie Grossman, et al.	
<i>The Things in Your Head: The Adventures of BuLu</i>	Kimberly Johnson	Jill Buffington
<i>Yawning Yoga</i>	Laurie Jordan	Diana Mayo
<i>Mind Bubbles</i>	Heather Krantz	Lisa May
<i>Silence</i>	Lemniscates	
<i>Moody Cow Meditates</i>	Kerry Lee MacLean	

<i>Peaceful Piggy Meditation</i> <i>Peaceful Piggy Yoga</i>		
<i>No Ordinary Apple</i>	Sara Marlowe	Philip Pascuzzo
<i>Come With Me</i>	Holly M. McGhee	Pascal Lemaitre
<i>The Lemonade Hurricane</i>	Licia Morelli	Jennifer E. Morris
<i>The Three Questions</i> <i>Zen Ghosts</i> <i>Zen Shorts</i> <i>Zen Socks</i> <i>Zen Ties</i>	Jon J. Muth	
<i>Puppy Mind</i>	Andrew Jordan Nance	Jim Durk
<i>Zero</i> <i>One</i> <i>Two</i>	Kathryn Otoshi	
<i>Be Who You Are</i> <i>It's Okay to be Different</i> <i>The Peace Book</i>	Todd Parr	
<i>Wait</i>	Antoinette Portis	
<i>Take the Time Mindfulness for Kids</i>	Maud Roegiers	
<i>Duck! Rabbit!</i>	Amy Krouse Rosenthal & Tom Lichtenheld	
<i>Visiting Feelings</i>	Lauren Rubenstein	Shelley Hehenberger
<i>The Listening Walk</i>	Paul Showers	
<i>Anh's Anger</i>	Gail Silver	Christianne Kromer
<i>A World of Pausabilities</i>	Frank Sileo	Jennifer Zivoin
<i>Charlotte and the Quiet Place</i>	Deborah Sosin	Sara Woolley
<i>Someday</i>	Eileen Spinelli	Rosie Winstead
<i>I AM Peace</i> <i>I AM Yoga</i>	Susan Verde	Peter H. Reynolds
<i>Mind Over Basketball</i>	Jane Weierbach and Elizabeth Philips- Hershey	Charles Beyl
<i>Breathe Like a Bear</i>	Kira Willey	Anni Betts
<i>What Do You Do With a Problem?</i>	Kobi Yamada	Mae Besom
<i>You Are a Lion! and Other Fun Yoga Poses</i>	Tae-Eun Yoo	

Other Books/Guides:

<u>Title</u>	<u>Author</u>	<u>Illustrator</u>
<i>Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)</i> <i>Imaginations 2: Relaxation Stories & Guided Imagery for Kids (Volume 2)</i>	Carolyn Clarke	
<i>Yoga & Mindfulness Practices for Children</i>	Jennifer Harper Cohen	Karen Gilmour
<i>Mindfulness & Yoga in Schools: A Guide for Teachers & Practitioners</i>	Catherine P. Cook-Cottone	
<i>Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything</i>	Deborah Schoeberlein David	
<i>Baby Buddhas</i>	Lisa Desmond	
<i>Starbright Meditations for Children</i>	Maureen Garth	
<i>Self-Regulation and Mindfulness: Over 82 Exercises and Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder</i>	Varleisha Gibbs	
<i>The Mindful Child</i> <i>Mindful Games</i>	Susan Kaiser Greenland	
<i>Happy Teachers Change the World</i> <i>Mindful Movements</i> <i>A Pebble for Your Pocket</i> <i>Planting Seeds: Practicing Mindfulness with Children</i>	Thich Nhat Hanh	
<i>Mindfulness for Teachers</i>	Patricia A. Jennings	
<i>Learning with the Body in Mind</i>	Eric Jensen	
<i>Mindfulness</i>	Ellen J. Langer	
<i>A Mindful Nation</i>	Tim Ryan	
<i>Mindful Teaching & Teaching Mindfulness</i>	Deborah Schoeberlein & Suki Sheth	
<i>Brainstorm: The Power and Purpose of the Teenage Brain</i>	Daniel J. Siegel	
<i>Sitting Still Like a Frog: Mindfulness Exercises for Kids</i>	Eline Snel	

<i>Meditation is an Open Sky</i>	Whitney Stewart	Sally Rippin
<i>My Anxious Mind: A Teen's Guide to Managing Anxiety & Panic</i>	Michael A. Tompkins & Katherine Martinez	Michael Sloan
<i>The Mindfulness Skills Activity Book for Children</i>	Chris Willard & Mitch Abblett	
<i>The Mindful Teen</i>	Dzung X. Vo	
<i>Child's Mind Mindfulness for Teen Anxiety</i>	Christopher Willard	
<i>The MindUp Curriculum</i>		

Other Resources/Tools:

- Manifest Your Magnificence 64 Affirmation Cards for Kids Written by Susan Howson Illustrations by Mike Polito Design by Tom Browne
- Growing Mindful: Mindfulness Practices for All Ages (card deck by Christopher Willard and Mitch Abblett)
- Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens (Susan Kaiser Greenland)
- Mindful Moments: Short contemplations that develop imagination, attention, relaxation skills, and positive feelings. (card deck by Lynea Gillen and Jim Gillen)
- yoga4classrooms: Tools for learning. Lessons for life. Written by Lisa Flynn, Illustrated by James Vaughn (card deck)
- Hoberman Original Mini Sphere (www.amazon.com)
- Woodstock Percussion Zenergy Chime- Solo Percussion Instrument (www.amazon.com)
- Plush Mini Beanbag Animal Assortment (www.amazon.com)
- Hgshow 25 Pcs Bleached & Dyeing Peacock Feathers Long Pole 25"-30" Purple (www.amazon.com)

Websites:

www.calmerchoice.org	www.mindfulschools.org
www.mindful.org	www.mindfulteachers.org
www.mindfuleducation.org	www.drchristopherwillard.com
www.mindfulnessforteens.com	www.susankaisergreenland.com
www.greatergood.berkeley.edu	www.thebostonbuddha.com