

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

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

- 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

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
- 47. 5 Mindfulness Exercises for Kids by Cosmic Kids
- 48. Mindfulness: Youth Voices: by KeltyMentalHealth (for Teens)
- 49. Everyday Mindfulness by About Kids Health (for Teens)
- 50. Mindfulness for Teens and Adults by Fablefy



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



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.*