

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
- 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

CHILDREN'S BOOKS

- 7. Alphasbreaths 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

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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