

Mindfulness Articles and Resources

Mindfulness: “Focusing awareness on the present moment, while acknowledging or accepting your experiences (thoughts, feelings, environment) without judgement.” (Dr. Jon Kabat-Zinn, 1995)

APPLICATIONS FOR DIGITAL DEVICES

- Smiling Minds
- Calm
- Relax Melodies: Sleep zen sounds & white noise
- Stop, Breathe & Think
- Headspace
- Go Noodle



RESOURCE CARDS

- *Be Mindful Card Deck for Teens.* Biegel, Gina M.
- *Mindful Games: Sharing Mindfulness and Meditation with Children, Teens and Families.* By Greenland, Susan Kaiser (2016).
- *Growing Mindful.* By Christopher Willard and Abblett, Mitch.

ARTICLES

Mindfulness Activities for Children And Teens: 25 Fun Exercises For Kids

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

Teaching Mindfulness to Teenagers: 5 Ways to Get Started, by Sarah Rudel Beach

http://www.huffingtonpost.com/sarah-rudell-beach-/teaching-mindfulness-to-teenagers_b_5696247.html

How Self-Compassion Can Help Teens De-stress, by Jessica Morey

http://greatergood.berkeley.edu/article/item/how_self_compassion_can_help_teens_de_stress

Eight Tips for Teaching Mindfulness in High School, by Patrick Cook-Deegan

http://greatergood.berkeley.edu/article/item/eight_tips_for_teaching_mindfulness_in_high_school

Mindfulness For Children, by David Gelles, The New York Times

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Mindfulness in Schools Project - multiple articles

<https://mindfulnessinschools.org/mindfulness/articles/>

The Japanese Skill Copied by the World, By Steve John Powell, BBC.com.

www.bbc.com/travel/story/20170504-the-japanese-skill-copied-by-the-world

WEBSITES

Mind Yeti - Guided mindfulness sessions for kids.

<https://www.mindyeti.com/>

Mindfulness for Teens - Articles, guided meditations (audio clips)

<http://mindfulnessforteens.com/>

MindUp - Programs and curriculum for purchase, spanning grades K1-8

<https://mindup.org/>

Facebook Group: The Mindful Teen - articles and easy to access with daily quotes, articles & resources.

VIDEOS

Mindfulness in Schools: Richard Burnett at TEDxWhitechapel

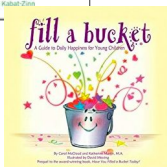
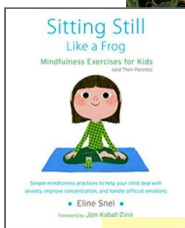
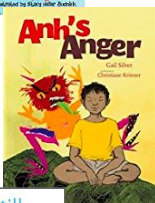
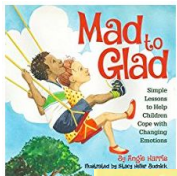
https://youtu.be/6mlk6xD_xAQ

Mindfulness: Youth Voices (under 3 min video)

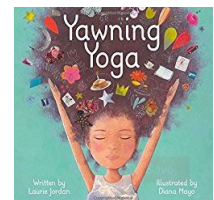
Great introduction for teens to the idea of what Mindfulness is and its purpose.

<https://youtu.be/kk7IBwuhXWM>

BOOKS



- Hanh, Thich Nhat. (2007) *Planting Seeds: Practicing Mindfulness with Children.*
- Hanh, Thich Nhat. (2008) *Mindful Movements: 10 Exercises for Wellbeing.*
- Hanh, Thich Nhat, (2008) *A Handful of Quiet: Happiness in 4 Pebbles.*
- McCloud, Carol. (2009) *Fill a Bucket: A Guide to Daily Happiness For Young Children.*
- McCloud, Carol. (2015) *Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids*
- Harris, Angie. (2015) *Mad to Glad: Mindfulness Lessons to Help Children Cope with Changing Emotions.*
- Williams, Mark and Penmen, Danny. (2011) *Mindfulness: A Practical Guide to Finding Peace in a Frantic World.*
- Snel, Eline. (2013) *Sitting Still Like a Frog: Mindfulness Exercises for Kids (And Their Parents).*
- Silver, Gail. (2009) *Anh's Anger.*
- Silver, Gail. (2007) *Steps and Stones: An Anh's Anger Story.*
- Jordon, Laurie. (2017) *Yawning Yoga.*
- [Wonderful Picture Books to Teach Kids Mindfulness](#) (link)



MINDFULNESS EXERCISES

Mindful Breathing

1 minute breathing - 30 seconds just noticing your breath and what it feels like. 30 seconds slowly breathing in for a count of five and out to a count of five.

7-11 - Breathe in to a slow count of seven and out to a slow count of eleven.

Feel the Feather - laying down on your back, rest a feather (or imagine a feather) lightly on your chest. Breathe in and out slowly as not to displace the feather.

Three Wishes - On your first breath think of something you wish for yourself. On your second breath make a wish for someone close to you (in your life). On your third breath make a wish for someone you don't really know, but see regularly (e.g. bus driver, campus security, grocery clerk, neighbor).

Breathing Script http://youth.anxietybc.com/sites/default/files/Mindful_Breathing.pdf

Breathing Audio File (bottom of page) <http://youth.anxietybc.com/mindfulness-exercises>

Come Back <http://youth.anxietybc.com/mindfulness-exercises>

When you catch yourself being caught up in worries about the future or guilt and regret about the past, just notice that it is happening and simply and kindly say to yourself, "Come back." Then take a calming breath and focus on what you are doing right now.

Mindful Body

Body Scan - Taking time to check in with your body starting from either the head or the feet and relaxing as you scan down your body.

Script http://youth.anxietybc.com/sites/default/files/Body_Scan.pdf

Audio (bottom of page) <http://youth.anxietybc.com/mindfulness-exercises>

Three Senses <http://youth.anxietybc.com/mindfulness-exercises>

Another helpful mindfulness trick is simply to notice what you are experiencing right now through three senses – sound, sight, touch. Take a few slow breaths and ask yourself:

- a. What are three things I can hear? (clock on the wall, car going by, music in the next room, my breath)
- b. What are three things I can see? (this table, that sign, that person walking by)
- c. What are three things I can feel? (the chair under me, the floor under my feet, my phone in my pocket)

Think of these answers to yourself slowly, one sense at a time. It's impossible to do this exercise and not be present and mindful!

Quiet Walk - Take students on a quiet walk around campus. Not talking. Ask them to pay attention to the sounds they hear, the physical sensations their body experience and/or their own breathing.

Giant Strides: A Seated Walking Practices

<http://www.mindfulteachers.org/2015/03/giant-strides-seated-walking-practice.html>

Trying on Different Shapes: A Mindfulness of Mood and Posture

<http://www.mindfulteachers.org/2015/07/trying-on-different-shapes.html>

Mindful Self

Are You Happy? Songs for Reflection and Discussion

A number of song links to play and discuss with students.

<http://www.mindfulteachers.org/2016/07/are-you-happy-songs.html>

Loving Kindness & Self-Compassion - audio clip on homepage or script for reading

http://ggia.berkeley.edu/practice/loving_kindness_meditation

8 Minute mindfulness series of Guided Meditation.

These are online audio recordings from the Mark Williams and Danny Penman authors of *Mindfulness: An Eight Week Plan for Finding Mindfulness in a Frantic World*.

<http://rodalebooks.s3.amazonaws.com/mindfulness/index.html>