

CHILD & YOUTH: MINDFULNESS

APPS

Breathing Bubbles

Helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it.

Breathr: Mindful Moments

Through a series of exercises, Breathe can help you to live in the present moment, while providing interesting facts about the benefits of mindfulness.

MindMasters 2

Helps to teach children about stress control, positive thinking and mindfulness through a series of fun and interactive activities. This app is designed for parents, educators and other to use with children ages 4-9 years

Calm

<https://www.calm.com>

Cosmic Kids

www.cosmickids.com

DreamyKid

Meditation, guided visualization and affirmations curated just for children & teens

Headspace

<https://www.headspace.com>

InsightTimer

<https://insighttimer.com/>

MyLife

<https://www.youtube.com/channel/UChB9zEEqnP9kMlf5VChd99Q>

Smiling Minds

Designed to assist people (7years +) in dealing with the pressure, stress and challenges of daily life.

Super Stretch Yoga

Integrating visual images of children doing a series of 12 simple yoga poses, it helps younger children to stretch their bodies, rest their minds and focus on their breathing. For ages 4+.

WEBSITES

Mindfulness for Teens

<http://mindfulnessforteens.com>

CHEO Mindfulness 101: The Basics

<http://www.cheo.on.ca/en/Mindfulness>

BOOKS

Everyday blessings: The inner work of mindful parenting By: Myla Kabat-Zinn and Jon Kabat-Zinn

The Lemonade Hurricane: A Story of Mindfulness and Meditation By: Morelli, Licia; Morris, Jennifer E. Thomaston,

Sitting Still Like a Frog: Mindfulness Exercises for Kids (And Their Parents) By: Eline Snel

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions By: Amy Saltzman

Take the Time: Mindfulness for Kids By: Maud Roegiers

Feeling Great: Focusing and Positive Thinking Activities for Children and Youth By: Terry Orlick & Nadeane McCaffrey

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.