

## Books on Sharing Mindfulness with Youth

Child's Mind by Christopher Willard

Little Flower Yoga for Kids by Jennifer Cohen Harper

Mindful Teaching and Teach Mindfulness: A Guide for Anyone Who Teaches Anything by Deborah Schoeberlein

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life by Jon-Kabat Zinn

Planting Seeds by Thich Nhat Hanh

Sitting Still Like a Frog by Eline Snel

The Courage to Teach by Parker Palmer

The Mindful Child by Susan Kaiser Greenland

The Mindful Brain by Daniel Siegel

The Whole Brained Child by Daniel Siegel

## Books for Children

Mindful Monkey, Happy Panda by Lauren Alderfer and Kerry Lee MacLean

Moody Cow Meditates by Kerry Lee MacLean

Moody Cow Learns Compassion by Kerry Lee MacLean

Silence by Lemniscates

Take the Time by Maude Roegiers

Visiting Feelings by Lauren Rubinstein

What Does It Mean to Be Present? by Rana DiOrio

Zen Shorts and Zen Ties by Jon Muth