

Resources for Meditation and Mindfulness Interventions

BOOKS

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

AND *Mindful Games; Mindful Games Activity Cards*

by Susan Kaiser Greenland

Sitting Still Like A Frog: Mindfulness Exercises for Kids (And Their Parents)

by Eline Snel

Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder

by Varleisha Gibbs, PhD, OTD, OTR

Calm & Alert: Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children by Helene McGlaulin

2, 4, 6, 8 This is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children by Tracy Turner-Bumberry

Interoception: The Eighth Sensory System (Practical Solutions for Improving Self-Regulation, Self-Awareness, and Social Understanding) by Kelly J. Mahler

WEBSITES

Cosmic Kids Yoga <https://www.cosmickids.com/> (Available on YouTube also)

The Mehrit Centre; Shanker Self-Reg Program ("mindful self-regulation")

<https://self-reg.ca/>

GoZen Mindful Anxiety program: <https://gozen.com/>

Meditation apps for kids; list and reviews: <https://www.common sense media.org/lists/meditation-apps-for-kids>

Mindful Meditation for ADHD: free download from Attitude: Inside the ADHD Mind

https://www.additudemag.com/download/mindfulness-for-adhd-natural-treatment-faq/?src=embed_link

(Also search site for articles, resources)

Neuroplasticity and Development: Rewiring the Brain for Functional Changes in Learning,
Behavior, Motor and Cognitive Challenges

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STEPS for Kids, Inc Yorkville, IL www.rightstepsforkids.com