

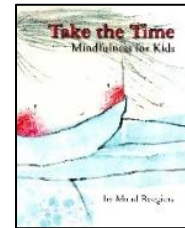
Take the time, mindfulness for kids

Written: Maud Roegiers, 2009, Magination Press

Age: 4-8

Key words: *Mindfulness, calm and emotional regulation skills.*

A simple description of living mindfully in the moment. A wonderful introduction to the concept of mindfulness.



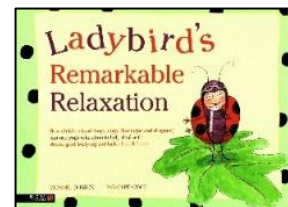
Ladybird's remarkable relaxation

Written: Michael Chissick, Illustrated: Sarah Peacock, 2014, Singing Dragon

Age: 5 – 12

Key words: *Mindfulness, guided imagery and emotional regulation skills.*

“How children (and frog’s, dog’s, flamingo’s and dragon’s) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence.”



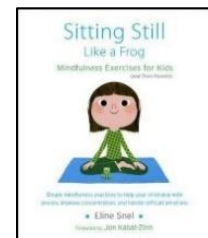
Sitting Still Like a Frog

Mindfulness Exercises for Kids [With CD (Audio)], By Eline Snel, Myla Kabat-Zinn (Read by), Jon Kabat-Zinn (Foreword by)

Age: 4+

Key words: *Mindfulness, guided imagery and emotional regulation skills.*

Multiple child focused guided relaxation scripts with audio recording.



Calm with the Very Hungry Caterpillar

By Eric Carle, Illustrated: Eric Carle, 2016, Puffin Books

Age: 2-8

Key words: *Mindfulness, feelings and emotional regulation skills.*

Based on the Very Hungry Caterpillar book, this little story explores feelings, mindfulness and calming activities

