



General Mindfulness Education Curricula and Programs

- Patricia Broderick (2013). *Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance*. New Harbinger Publications
- Patricia Broderick (2019) *Mindfulness in the Secondary Classroom: A Guide for Teaching Adolescents (SEL Solutions Series)*. Norton books
- The Hawn Foundation (2011). *The MindUP Curriculum: Brain-Focused Strategies for Learning—and Living*. Three Volumes, PreK-2, 3-5 and 6-8. Scholastic Books
- Andrew Jordon Nance (2018). *Mindful Arts in the Classroom*. Parallax Press.
- Patricia Jennings (2015). *Mindfulness for Teachers: Simple skills for Peace and Productivity in the Classroom*. Norton books
- Linda Lantieri & Daniel Goleman (2008). *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*. Sounds True
- Daniel Rechtschaffen & Jon Kabat-Zinn (2014). *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*
- Amy Saltzman (2014). *A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions*. Raincoast Books
- Oren Jay Sofer and Matthew Brensilver (2019) *The Mindful Schools Curriculum for Adolescents*. WW Norton & Company, Inc.
- Meena Srinivasan (2014). *Teach, Breathe, Learn: Mindfulness in and out of the Classroom*. Parallax Press
- Meena Srinivasan (2019) *SEL Every Day: Integrating Social and Emotional Learning with Instruction in Secondary Classrooms (SEL Solutions Series)*. Norton Books
- Deborah Schoeberlein (2009). *Mindful Teaching and Teaching Mindfulness*. Wisdom Publications
- Thich Nhat Hanh & Katherine Weare (2017). *Happy Teachers Change the World*. Parallax Press

Mindfulness Activities for Children and Teens

- James Baraz, Michele Lilyanna (2016). *Awakening Joy for Kids*. Parallax Press
- Gina Biegel (2009). *The Stress Reduction Workbook for Teens*. New Harbinger Publications
- Karen Bluth (2017). *The Self-Compassion Workbook for Teens*. Instant Help Books.

- Debbie Burdick (2014). *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets*. Pesi Publishing
- Miriam Gates (2018). *This Moment is Your Life (and so is this one). A fun and Easy Guide to Mindfulness Meditation and Yoga*. Dial Books.
- Susan Kaiser Greenland (2016). *Mindful Games*. Shambala Press
- Christopher Willard & Amy Saltzman (Ed.) (2015). *Teaching Mindfulness Skills to Kids and Teens*. Guilford Press

Mindfulness and Parenting/Child Development

- Susan Kaiser Greenland (2010). *The Mindful Child*. Simon Shuster
- Kristen Race (2013). *Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World*. The Search Institute, Griffen Books
- Shauna Shapiro (2014). *Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child*. Harbinger Publications.
- Daniel Siegel (2011). *The Whole Brain Child*. Random House Publications
- Daniel Siegel (2013). *Brainstorm: The Power and Purpose of the Teenage Brain*. Penguin Books
- Shefali Tsabary (2016). *The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children*. Penguin Books
- Christopher Willard (June 2016). *Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience*. Sounds True
- Myla Kabat-Zinn, Jon Kabat Zinn (1997). *Everyday Blessings: The Inner Work of Mindful Parenting*. Hyperion

Mindfulness Activities/Programs with Clinical Focus for Children and Teens

- Sam Himmelstein (2015). *Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum*. Routledge
- Sam Himmelstein (2020) *Trauma-Informed Mindfulness with Teens: A Guide for Mental Health*. WW Norton & Company, Inc.
- Christopher Willard (2014). *Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)*. New Harbinger Publications

Mindfulness of Race and Trauma

- Deb. Dana (2020). *Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices*. WW Norton & Company, Inc
- Ruth King (2018) *Mindful of Race: Transforming Racism from the Inside Out*.
- Resmaa Menakem (2017). *My Grandmother's Hands. Realizing Trauma and the Pathway to Mending our Hearts and Minds*. Central Recovery Press
- Rhonda McGee (2019). *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*
- David Levenstien (2018) *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. WW Norton & Company, Inc

Picture Books for Young Children that Illustrate Mindfulness Concepts and Practices

- Alderfer, Lauren (2011). *Mindful Monkey*. Happy Panda. Boston: Wisdom Publications
- Banyai, Istvan (1998). *Zoom!* London: Picture Puffin Books
- Karst, Patrice (2018). *The Invisible String*. Little Brown and Co
- Leaf, Munro (1964). *The Story of Ferdinand*. New York: Viking
- MacLean, Kerry Lee (2009). *Moody Cow Meditates*. Somerville, MA: WisdomPublications
- Manchego, Chelo (2016). *The Want Monsters: And How They Stopped Ruling My World*. Boulder, CO: Shambhala Publications
- Morelli, Licia (2015) *The Lemonade Hurricane: A Story of Mindfulness and Meditation*. Tilbury House Publishers
- Nance, Andrew Jordan (2016) *Puppy Mind*. Berkely, CAA; Plum Blossom Books
- Silver, Gail (2009). *Anh's Anger*. Berkley, CA: Plum Blossom Books
- Silver, Gail (2011). *Steps and Stones*. Berkley, CA: Plum Blossom Books
- Willard, Christopher and Rechtschaffen, Daniel (2019). *Alphabreaths: The ABC's of Mindful Breathing*. Boulder, Co: Sounds True.