

# List of Mindfulness Books and other resources

Compiled by Dr. Anderson

Mindfulness is another word for “being in the moment.”

Taking a quiet moment helps with stress, worry, and sleep.

Here are some wonderful children books to help introduce mindfulness to the entire family.

- I am Peace: A book of Mindfulness by: Susan Verde
- Finding Om by: Rashmi Bismark
- Hurry Up! by: Kate Dopirak
- What does it mean to be present? by: Rana DiOrio
- Sitting Still Like a Frog by Eline Snel
- Master of Mindfulness: How to be your own Superhero in Times of Stress
- When God Made You by: Matthew Paul Turner
- I am Enough by: Grace Byers
- Dream Big, Little One by Vashti Harrison
- I am Perfectly Designed by: Karamo Brown and Jason Brown
- Bedtime Meditations for Kids by: Cory Cochiolo
- Good Morning Yoga by: Mariam Gates  
<https://www.youtube.com/watch?v=u-a4iOERMRS&feature=youtu.be>
- Breath with Me by: Mariam Gates  
<https://www.youtube.com/watch?v=2PYHmihv3wY>

## **Mindful Eating/ Snacking:**

Remember to practice eating healthy foods and snacks in a “mindful” way, this can help to reduce emotional eating and establish healthier food behaviors for you and your child.

## **Mindful Walking:**

Next time you go out to the park, bring awareness to your 5 senses. Describe as you walk with your child what you see, hear, feel, touch, and taste. This helps make the trip to the park extra fun!