



Mindfulness for Parents - Resources and Recommendations

Videos:

Mindfulness is a Superpower by Dan Harris (YOUTUBE)

Mindful Schools RELEASE Film (google search)

Books:

10% Happier by Dan Harris

The Mindful Child by Susan Kaiser Greenland

Recommended Practices:

Gratitude Journal or discussion each day

5 minute daily meditation

Use of breath to self-regulate

Apps:

Calm

Stop, Breathe & Think

Headspace

Insight Timer

Buddhify

10% Happier

Activities and Props:

Mindful Games by Susan Kaiser Greenland (any age)

<https://www.amazon.com/Mindful-Games-Mindfulness-Meditation-Children/dp/1611803691>

Mindful Arts Breathing Cards (elementary age) www.mindfulartssf.org

Tibetan Singing Bowl https://www.amazon.com/Ohm-Store-Tibetan-Meditation-Singing/dp/B01A6B0ICC/ref=sr_1_1_sspa?s=musical-instruments&ie=UTF8&qid=1515770204&sr=1-1-spons&keywords=tibetan+singing+bowls&psc=1

Rainstick https://www.amazon.com/Chilean-Rainstick-Musical-Instrument-sealant/dp/B0149J2WYO/ref=sr_1_8?ie=UTF8&qid=1515770308&sr=8-8&keywords=rainstick

Hoberman Sphere https://www.amazon.com/Original-Hoberman-Sphere-Rainbow-Discontinued-manufacturer/dp/B00000JN49/ref=sr_1_4?ie=UTF8&qid=1515770431&sr=8-4&keywords=hoberman+sphere