



Resources to Teach Your Child Mindfulness

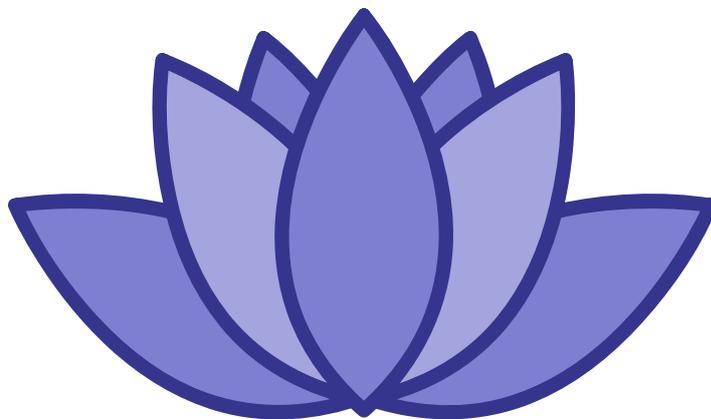
What is Mindfulness?

"Paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience, moment to moment."

Jon Kabat-Zinn

"Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment."

Greater Good Science Center, University of California, Berkeley



The Benefits of Mindfulness Practice

There is extensive research on the benefits of mindfulness and how it affects the brain.

Some of the studies of the benefits of mindfulness for children demonstrate:

Improved self-regulation and awareness

Helps with recognizing emotions, allowing a pause between stimulus and response, and ability to change potential response

Increased attention

Strengthens ability to focus

Reduced stress and anxiety

Relaxes body and mind, improves sleep

Children who receive mindfulness and SEL:

- (a) improved more in their cognitive control and stress physiology;
- (b) reported greater empathy, perspective-taking, emotional control, optimism, school self-concept, and mindfulness,
- (c) showed greater decreases in self-reported symptoms of depression and peer-rated aggression,
- (d) were rated by peers as more prosocial, and
- (e) increased in peer acceptance (or sociometric popularity).

Research

Evidence for the Impact of Mindfulness on Children and Young People by Mindfulness in Schools Project, April 2012

<http://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

Davidson, R. and Lutz, A. (2008) Buddha's brain: neuroplasticity and meditation. IEEE Signal Process Mag. 25(1): 174-176.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2944261>

Books to read to kids

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel and Myla Kabat-Zinn. For ages 5-12. Simple mindfulness practice to help deal with anxiety, improve concentration and handle difficult emotions. CD included.

Mindful Monkey, Happy Panda by Lauren Alderfer and Kerry Lee MacLean

What Does IT Mean to Be Present? By Rana DiOrio (Author), Eliza Wheeler (Illustrator)

Puppy Mind by Andrew Nance

Mind Bubbles by Heather Krantz

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) Christopher Willard PsyD



Apps for kids

Smiling Mind: Includes meditations geared for specific ages 7 through adult

Breathe 2 Relax: A FREE app designed to help kids practice relaxing breathing exercises

Headspace (for kids): Teaches parents and children together for all ages.

Calm: Provides mindfulness and sleep stories for children of varying ages.

Three Good Things: A Happiness Journal-focuses on the positive and what went well each day.

Insight Timer: Free for parents and children focusing on relaxation, managing stress and concentration and sleep examples.

SuperStretch Yoga: Gets kids moving and relaxing with warm video intro to yoga

Stop, Breathe and Think Kids - Focus, Calm & Sleep: Kids name emotions and go on mindful missions



Additional Resources

Mindful Schools Website

<http://www.mindfulschools.org/about-mindfulness/mindfulness-in-education/#a-module-our-solution>

Greater Good Science Center

<http://greatergood.berkeley.edu/topic/mindfulness/definition>

Greater Good in Education

<https://ggie.berkeley.edu/>

Mindfulness Training for Children and Adolescence

https://goamra.org/wp-content/uploads/2014/06/Black_2015_state-of-science.pdf

Enhancing Cognitive and Social–Emotional Development

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4323355/>