

# Resources for Meditation and Mindfulness

## Phone apps

- [Smiling Mind](#). A Melbourne-based not-for-profit organisation dedicated to promoting mindfulness in schools. They have free online (both web and app-based) mindfulness programs for children aged seven and upwards, developed by a team of psychologists.
- [Headspace for Kids](#). The popular adult mindfulness app now has a kids' series of breathing exercises, visualizations, and meditations grouped into five categories: kindness, focus, sleep, calm, and wake-up. Choose the one that best suits your child's needs. 5 and under, 6 to 8, 9 to 12.
- [Mindfulness for Children](#). Developed by a Danish psychologist, this audio-only app offers easy-to-follow breathing exercises for your kid to use any time she's feeling stressed. Other activities like the body scan will help her relax, and soothing nature sounds can lull her to sleep. 5+ years;
- [Thrive Global](#). Here's another skill set from Amazon Echo. If your kid needs help quieting his mind during the day, he can say, "Alexa, open Thrive" and ask for a meditation. On nights when he can't sleep, a "power down" will do the trick—and keep screens out of the bedroom. Download for free.
- [Inner Peace for Kids](#). From Kids Happy Apps, this features two meditation tracks, "Colourful Balloons" or "Sleeping on a Cloud," and lets kids create their own zen garden.
- [Sleep Meditations for Kids](#). Perfect app to incorporate into your bedtime routine. Has four bedtime stories that are transformed into guided meditations designed to promote relaxation and contentment. Download for free.
- [Mindfulness Bell](#). A free phone app that chimes at various intervals in the day to remind you to stop, take a breath and notice whatever it is you are doing.

## Books

- [Aware : The Science and Practice of Presence by Daniel J. Siegel](#). Aware provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life. Whether you have no experience with a reflective practice or are an experienced practitioner, Aware is a hands-on guide that will enable you to become more focussed and present, as well as more energised and emotionally resilient in the face of stress and the everyday challenges life throws your way.
- [The Whole-Brain Child; 12 revolutionary strategies to nurture your child's developing mind, survive everyday parenting struggles, and help your family thrive by Daniel J. Siegel and Tina Payne Bryson](#). In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The 'upstairs brain', which makes decisions and balances emotions, is under construction until the mid-20s. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. With clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

## For young children

- [Meditation Capsules: A Mindfulness Program for Children by Janet ETTY-Leal](#). This manual provides a practical resource for adults who wish to teach children the skills of mindful meditation. It outlines a comprehensive program designed for classroom use, ideally with students at upper primary school level. But the lessons can readily be adapted to suit children of all ages, and the book will provide a helpful guide for parents, youth

leaders, social workers and therapists – anyone who has an interest in teaching meditation or the enthusiasm to help children master meditation as a powerful personal tool.

- [Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh](#). Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication.

#### *For older children*

- [Mindful Learning by Dr Craig Hassed and Dr Richard Chambers](#). This book for parents, teachers and carers provides practical ideas and exercises on how to apply mindfulness in the educational setting, exploring how children can manage stress, improve performance and create better communication and relationships.

#### **Online**

- [This Way Up](#) is a non-profit initiative at St Vincent's Hospital Sydney, funded by the Department of Health. It provides online cognitive behaviour therapy (CBT) courses for people suffering from anxiety and depression, including a free online course called Intro to Mindfulness - <https://thiswayup.org.au/how-we-can-help/courses/intro-to-mindfulness>. The course is designed to give people a basic understanding of mindfulness principles and how they can be applied. This includes exercises to help people identify automatic patterns of thinking, feeling and behaving, and then learn to respond in more effective ways.

#### **Video Clips**

- [Mindfulness Bell](http://www.mindfulnessdc.org/bell/) <http://www.mindfulnessdc.org/bell/>
- [Mindfulness: Being Fully Awake in Our Own Lives](https://www.youtube.com/watch?list=PLbiVpU59JkVaWH5kKrkSClkg0vKlr1p9f&v=mBSO41ZimNs) <https://www.youtube.com/watch?list=PLbiVpU59JkVaWH5kKrkSClkg0vKlr1p9f&v=mBSO41ZimNs>
- [Mind the Bump](https://www.youtube.com/watch?v=aNCB1MZDgOA) <https://www.youtube.com/watch?v=aNCB1MZDgOA>
- [Breathing Relaxes Kids. Sea Otter Cove](https://www.youtube.com/watch?v=OiBGE) <https://www.youtube.com/watch?v=OiBGE>
- [Mindful Movement clip](http://www.youtube.com/watch?v=oWerJwf3-3I) <http://www.youtube.com/watch?v=oWerJwf3-3I>