



Mindful Reads for Kids

Y is for Yet: A Growth Mindset Alphabet

by Shannon Anderson

Your Mind is Like the Sky by Bronwen Ballard

Just Breathe : Meditation, Mindfulness, Movement and More by Malika Chopra

Get Outdoors : A Mindfulness Guide to Noticing Nature

by Paul Christelis

Tomorrow Girl : A Tale of Mindfulness by Vikki Conley

Happy : A Beginner's Book of Mindfulness

by Nicola Edwards

Crying is Like the Rain by Heather Hawk Feinberg

Yoga for Kids and their Grown Ups

by Katherine Priori Ghannam

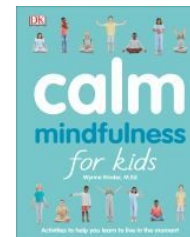
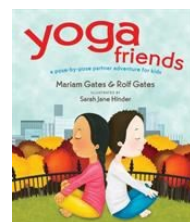
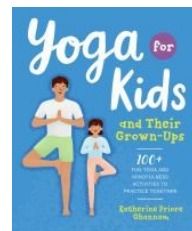
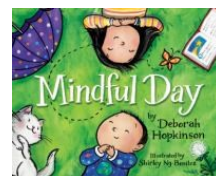
My Thoughts Are Clouds : Poems for Mindfulness

by Georgia Heard

Mindful Day by Deborah Hopkinson

Yoga Friends : A Pose-by-Pose Partner Adventure for Kids by Mariam Gates & Rolf Gates

Calm Monsters, Kind Monsters : A Sesame Street Guide to Mindfulness by Karen Latchana Kenney





Mindfulness for Families

Kit Contents:

- Stress ball
- Happiness journal
- 2 colored pens
- Inspirational postcard
- Blank journal for drawing/creating
- Yoga activity sheets



This past year especially has taught many of us that self-care is important for people of all ages. Having children learn to find grounding and calm can be instrumental to finding calm, focus, and reducing anxiety in their everyday lives.

This kit is intended to help give kids and families tools to practice and build skills in focusing thoughts, self-control, and minimize anxiety.

- *Use your stress balls for helping take deep breaths and squeeze out stress.
- *Use the journals for writing thoughts, creative writing, poetry, drawing, doodling, so many options all through a pen and paper.
- *Mail your postcard as a surprise act of kindness to a friend or loved one.
- *This summer, find a spot outside, screen free, that may bring peace and calm. What sounds do you hear? What happens if you take some deep breaths and relax your thoughts? What brings you and your child(ren) joy in taking time away from screens?

Excellent article from the New York Times as a resource :

<https://www.nytimes.com/guides/well/mindfulness-for-children>



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