

A Starter Kit for Sharing Mindfulness with Children and Teens

There are many resources currently available for those interested in sharing mindfulness with children – their own, students they teach or children of family members. It can take a bit of digging to find just the right fit for your situation.

It is important to have a “road map” of the territory you will be traveling, a way to understand how the mind of children and teens are different from adults and how this will impact how mindfulness will be best brought into their everyday life. I’ve provided a few starting points for you. I hope they are useful.

Best of luck in this rewarding adventure you are undertaking with these amazing creatures who are moving from childhood into adolescence and beyond... 😊

- **Watch this excellent videos by Dan Seigel –**

<https://www.youtube.com/watch?v=yqUNtLbwoj4>

<https://www.youtube.com/watch?v=Gr4Od7kqDT8>

- Consider reading this book (should be available at your public library):
The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder and More Compassionate by Susan Kaiser Greenland
- Google “mindfulness and children pdf” and you’ll find a rich assortment of resources from scholarly articles to fun activities.
- Check out these resources for Teens: <http://mindfulnessforteens.com/resources/>
- Consider taking one of Shelly Sowell’s parenting or teen programs or consult with her individually for support and guidance - <https://www.shellysowellwellness.com/>
- Consider this phone app both for yourself and your child – you can practice together: <https://www.headspace.com/>