

A Journey Into Mindfulness

Literary Resources

Many of these resources have been made available by ISACS through their partner store, Pages Bookshop.

ABC Yoga - Christiane Engel

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere - Kira Willey

Good Morning Yoga & Goodnight Yoga- Miriam Gates

A Handful of Quiet: Happiness in Four Pebbles - Thich Nhat Hanh

I Am Peace: A Book of Mindfulness - Susan Verde

I Am Yoga - Susan Verde

Little Yoga: A Toddler's First Book of Yoga - Rebecca Whitford

Meddy Teddy: A Mindful Yoga Journey - Apple Jordan

My Daddy Is a Pretzel: Yoga for Parents and Kids - Baron Baptiste

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their Parents) - Eline Snel

Sleepy Little Yoga - Rebecca Whittford

The Kids' Yoga Deck: 50 Poses and Games - Annie Buckley

The MindUp Curriculum: Grades Pre-K - 2 - The Hawn Foundation

Yawning Yoga - Laurie Jordan

Yoga Bug - Sarah Jane Hinder

Yoga Frog - Nora Carpenter

Yoga Games for Children Danielle Bersma & Marjoke Visscher

Yoga Pretzels (Yoga Cards) - Tara Guber

You Are a Lion - Taeun Yoo

Zoo Zen: A Yoga Story for Kids - Kristen Fischer

Apps and Web Resources

Breathe, Think, Do with Sesame

Breathe app (for Apple Watch)

Chakra Chime

Relax Melodies

Stop, Breathe and Think Kids: Focus, Calm & Sleep

<http://www.yoga4classrooms.com/supporting-research>

Research regarding Yoga in Schools

<https://www.evenflow.io/>

Clinical studies on Mindfulness and Meditation

<https://www.tandfonline.com/doi/full/10.1080/02699931.2016.1225003>

<https://www.psychologytoday.com/us/blog/minding-the-body/201701/good-posture-may-ease-symptoms-depression>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3973903/>

Research on the power of poses

www.SoundsTrue.com/Free

Free Guided Meditation and Meditation Music

<https://www.youtube.com/watch?v=4lfjNAXGPz>

Good Night Yoga read aloud video.

<https://www.youtube.com/watch?v=u-a4iOERMrs&t=187s>

Good Morning Yoga read aloud video.

<https://bedtime.fm/#listen-now>

Mindfulness Stories Podcasts

https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids_b_5611721

8 Ways to Teach Mindfulness to Kids

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

25 Fun Mindfulness Activities for Children and Teens

<https://www.kidsyogastories.com/zoo-animals-yoga/>

Kids Yoga Stories, Printable Poster, Yoga Video

<https://www.pinkcoatmeal.com/blog/>

Yoga Themed Activities blogger