With all the mindfulness exercises focus is your intention, but does not define success.

Calmness and relaxation are not the goals.

Do as much as you can, however you can.

You don’t need a completely quiet environment to practice these skills.

Being aware of your thinking is the key.
Mindfulness Resources

Books

*Where Ever You Go There You Are* by Jon Kabat-Zinn

*Full Catastrophe Living* by Jon Kabat-Zinn

*The Miracle of Mindfulness: An Introduction to the Practice Of Meditation* by Thich Nhat Hanh

*Building Emotional Intelligence* by Linda Lantieri

*The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation* edited by Jon Kabat-Zinn

*Train Your Mind, Change Your Brain* by Sharon Begley

*Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom* by Patricia A. Jennings


*For kids (K-G3):*

*The Listening Walk* by Paul Showers

*You Are Not Your Thoughts* by Brian Despard

*What Does It Mean to Be Present?* by Rana DiOrio

*Visiting Feelings* by Lauren Rubenstein

*Mindful Monkey, Happy Panda* by Lauren Alderfer

*Peaceful Piggy Meditation* by Kerry Lee Maclean

*Teens:*

*The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time* by Dzung Vo

*The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* by Gina Biegel

*Structured Curriculum:*

MindUp Curriculum (PreK – 2, 3-5, 6-8) – The Hawn Foundation

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention and Performance by Patricia Broderick
**Websites**

Mindful.org
Mindfulness.org.au
Garrisoninstitute.org
Contemplativemind.wordpress.com

**Apps**

Headspace

Jon Kabat-Zinn Series 1-3

The Mindfulness App - reminders

Buddhify – tailored meditations based on situation

Smilingmind – meditation for children

Mindfulness Meditation by Mental Workout

Walking Meditation by Meditation Oasis

Stop, Breath and Think

Mindfulness Training App
Notes