

MINFULNESS BOOKS AND ACTIVITIES



MINDFUL ACTIVITIES

- 1 Sources of Strength Thankfulness Challenge
<https://sourcesofstrength.org/thankfulness-challenge/>
- 2 Mindfulness Excellence for Kids and Families
<https://mindfulnessexercisec.com/7-mindfulness-exercises-for-kids-and-families/>
- 3 Emotion Check In
<https://sourcesofstrength.org/wp-content/uploads/Emotion-Check-In.pdf>
- 4 5-4-3-2-1- Grounding Exercise
<https://www.thepartnershipineducation.com/resources/5-4-3-2-1-grounding-exercise>
- 5 Mindful Games and Mindful Kids
([Amazon.com search](#)).
- 6 Free Mandalas Coloring Pages
<https://www.free-mandalas.net/>



MINDFUL BOOKS

- 1 Peaceful Piggy Meditates
By Karen MacLean
- 2 Breathe like a Bear
By Kira Willey
- 3 I am Peace
By Susan Verde
- 4 My Body Sends a Signal
By Natalia Maguire
- 5 The Mindful Child
By Susan K. Greenland
- 6 The Whole Brain Child
By Dan Siegel



To request these materials in an alternative format, please call (541) 322-5734, or send email to bethany.kuschel@deschutes.org.