

Additional Resources for Mindfulness Education for Adults and Children

BOOKS

The Mindful Child, Susan Kaiser Greenland. ATRIA, Paperback (2010)

No Drama Discipline, Daniel J. Siegel and Tina Payne Bryson, Bantam (2014)

Planting Seeds, Practicing Mindfulness with Children, Thich Nhat Hanh, Parallax Press (2011)

Moody Cow Meditates, Kerry Lee MacLean, Wisdom Publications (2009)

Peaceful Piggy Meditation, Kerry Lee MacLean

A Boy and a Bear, Lori Lite, Specialty Press (1996)

Have You Filled a Bucket Today?, Carol McCloud, Ferne Press (2006)

Mindful Monkey, Happy Panda, Lauren Alderfer, Wisdom Publications (2011)

MUSIC

Calm Down Boogie CD, Betsy Rose, www.gentlewind.com (2007)

Nurturing Yourself Through Mindfulness CD, SHINE, Amy@CENTERFORMINDFULAWARENESS.COM

Jan Seiden, *Woodland Winds*, <http://www.janseiden.com>

Nawang Kechog, *Cup of Kindness, Sounds of Peace*, <http://www.nawangkechog.com>

Jonathan Foust, *A Touch of Grace: Bamboo Flute Meditations*, jonathanfoust.com