

THE ANNE FREITAG LIBRARY

Recommended Reading

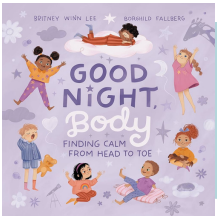
MINDFULNESS

For Children



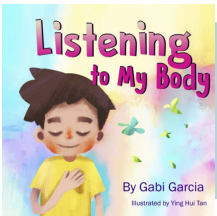
MINDFULNESS BY WILLIAM ANTHONY

Think deeper. It's time for mindfulness! Learn the basic of what mindfulness is and how it can keep your mind and body healthy. Then, explore different mindfulness techniques and tips. Even try some mindfulness practices for yourself.



GOOD NIGHT, BODY: FINDING CALM FROM HEAD TO TOE BY BRITNEY WINN LEE

Bedtime can be full of big emotions for kids! Calm anxious, busy thoughts with this body scan meditation designed to prepare kids for sleep. This mindfulness practice will help children let go of worries, stress, and excitement as they reach their arms like a telescope, let their mouths hang like a hammock, dance their fingers like wind chimes.



LISTENING TO MY BODY BY GABI GARCIA

An engaging and interactive picture book that introduces children to the practice of paying attention to their bodies. Through a combination of story, and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them to develop a deeper sense of well-being.



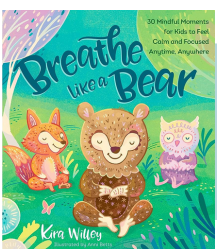
MINDSIGHT BREATHING BUDDHA

Easy to follow fade-in, fade-out color prompts that simulate the popular 4/7/8 'calming breath.'



THE BIG FEELINGS BOOK FOR CHILDREN BY SHARON SELBY

It's normal for kids to experience feelings so big that they're hard to manage! This book is filled with engaging exercises that show kids how to use mindfulness to work through tough emotions and feel happier fast.



BREATHE LIKE A BEAR: 30 MINDFUL MOMENTS FOR KIDS TO FEEL CALM AND FOCUSED ANYTIME, ANYWHERE BY KIRA WILLEY

Breathe like a bear guides us through fun exercises to help us relax and stretch our imaginations. Because just like we need to exercise our bodies, we need to flex our mindfulness muscles!

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