



Mindfulness Journey

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Free download:

Mindfulness Activity task cards by teachstarter

<https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/>

Videos:

Teaching Mindfulness to 3-5 Year Olds

<https://www.youtube.com/watch?v=5aby9mSE3ks>

Mindfulness for Preschools: Transforming a Future

<https://vimeo.com/237014477>

Mindfulness Activities for Kids

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

Books

WHAT EXACTLY IS MINDFULNESS?

<https://www.youtube.com/watch?v=hXA3837uv3w>

I AM PEACE by Susan Verde

Breathe Like a Bear by Kira Willey

Puppy Mind by Andrew Jordan Nance

What Does It Mean To Be Present? By Rana Diorio