

What is Mindfulness?

Ä\ 7',%v 22#,2'-,v-,v. 30.-1#uv',v2&#v.0#1#,2v+-+#+,2uv ,"
,-,¢(3""%+#+,2 *7v2-v2&#v3,\$-*'",%v-\$v#6.#0'#,!#uv+-+#+,2v2-v+-+#+,2GÅv

Improved self-regulation and awareness

Increased attention

Reduced stress and anxiety

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)

Mindful Monkey, Happy Panda

What Does IT Mean to Be Present?

Puppy Mind

Mind Bubbles

Mindfulness for Teen Anxiety: A Workbook for Overcoming

Anxiety at Home, at School

Mindful Schools Website

Greater Good Science Center

Greater Good in Education

Mindfulness Training for Children and Adolescence