

MINDFULNESS FOR PRE-SCHOOLERS AND PRIMARY SCHOOL AGED CHILDREN

Apps, CD's and Online

Breathe, Think, Do with Sesame.

Sesame School app to introduce ideas about using breathing relaxation and thinking of plans to solve problems when frustrated and disappointed etc. For kids aged 2 – 5.

Smiling Mind.

www.smilingmind.com.au

Use this free app with children from 5 years and up. Very easy to use and simple app. Many clients have found it helpful.

Meditation Capsules

www.meditation.com

This book is a manual aimed at teaching Primary School Aged Children to be mindful and relax. It includes a CD of exercises for parents to do with their kids.

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their Parents) by Eline Snel and Myla Kabat-Zinn

A manual and CD for parents to introduce Mindfulness practice and Meditation to children 5 years and up. Very well reviewed. The forward is written by Psychologist Jon Kabat-Zinn, one of the main founders of Mindfulness Therapy.

Cosmic Kids Yoga

www.cosmickids.com

Subscription based program with yoga and mindfulness videos specifically designed for younger children. Fun and engaging. Often the videos have an interesting theme from popular video games, movies and stories.

BOOKS

Moody Cow Meditates

by Kerry MacLean

Fun story good for early Primary School Aged Children as an introduction to meditation.

Peaceful Piggy Meditation

by Kerry MacLean

Good for early Primary School Aged Children as an introduction to meditation.

Mindful Monkey and Happy Panda

by Lauren Alderfer and Kerry MacLean

Nice story about a not very mindful Monkey for late Pre-Schoolers and early Primary School Aged Children. Also very good for their mothers and fathers....



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