**Wiggle Genius Mindfulness Resources**

**Books**

The Mindful Child by Susan Kaiser Greenland

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia Jennings

A Mindfulness-Based Approach to Working with High-Risk Adolescents by Sam Himelstein

Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel

Little Flower Yoga for Kids: A yoga and Mindfulness Program to Help your Child Improve Attention and Emotional Balance by Jennifer Cohen Harper

Mandalas for Healing: A Personal System for Diagnosing and Curing by W. Mertl & H. Janko

Yoga & Mindfulness: Practices for Children (Card Deck) by Jennifer Cohen Harper

**Videos**

Video: *“The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time”* by Dzung Yo

Video: *“Dr. Jon Zabat-Zinn on Mindfulness in Education”,* UC Berkeley Zellerbach Hall (2012), 1:40

Video: *“Healthy Habits of Mind”* (An Overview of Mindfulness in Education), Dr. Richard Davidson, 45 minutes

Video: *“Room to Breathe”* (PBS) – first broadcast documentary on classroom implementation of mindfulness and the economic, academic, and mental health challenges (and benefits) addressed.

**Websites**

*C*alm Classroom

Greater Good

Mindful Schools