

MINDFULNESS– Child/Adolescent**BOOKS:****Feeling Great: Focusing and Positive Thinking Activities for Children and Youth**

By: Terry Orlick & Nadeane McCaffrey

Feeling Great: Positive Imagery Activities for Children and Youth

By: Terry Orlick & Nadeane McCaffrey

Feeling Great: Relaxation and Life Skills Activities for Children and Youth

By: Terry Orlick & Nadeane McCaffrey

Feeling Great: Relaxation and Stress Control Activities for Teenagers and Adults

By: Terry Orlick & Nadeane McCaffrey

Teaching Meditation to Children: a Practical Guide to the Use and Benefits of Meditation Techniques

By: David Fontana & Ingrid Slack

Boy and a Turtle: the Child's Visualization Book

By: Lori Lite

A Special Place: Self-Esteem & Relaxation Techniques for Children Ages 5-10

By: Lorrie Treleaven

***Important Note:** The purpose of this document is for information and self-management only, not to be a substitute for professional help. The information is not all encompassing, and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the Provider.*