

# *Mindfulness in the Early Childhood Classroom*

## *Resources*

<https://childhood101.com/wp-content/uploads/2017/03/Calm-Down-Brain-Break-Breathing-Exercise-Cards.pdf>

<https://nurtureandthriveblog.com/what-to-say-when-your-child-is-upset/>

<https://www.mindfulschools.org/>

<https://kirawilley.com/blog/blog/mindful-moments-for-kids>

<http://www.withpause.com/>

Mr. Rogers and Daniel Tiger: Because we love them!

I Love You Rituals, By Becky Bailey

Conscious Discipline, By Becky Bailey

Mindful Games, By Susan Kaiser Greenland

Preschool Book Authors: Peter H. Reynolds, Susan Verde, Jo Witek

Whole Hearted School Counseling

Jason Stephenson: Online Mindfulness Meditations

Music: Jim Gill