

Books & Learning

STRESS MANAGEMENT FOR KIDS

Recommended for Ages 4 - 10

Kids can get stressed out in this fast-paced, confusing world too. Practicing mindfulness is a way to help children appreciate the present, focus, and reduce stress. Here are some books and tools for children to learn more about mindfulness and managing stress.

Books

[*Breathe Like a Bear*](#) by Kira Wiley

[*Calm: Mindfulness for Kids*](#) by Wynne Kinder

[*I Am Peace: A Book of Mindfulness*](#) by Susan Verde

[*Mindful Me: Mindfulness and Meditation for Kids*](#) by Whitney Stewart

[*You Are a Lion!: And Other Fun Yoga Poses*](#) by Taeun Yoo

Free Streaming Music

Relax and Be Happy - Mindfulness for Children (and Teachers and Parents) by Bari Koral

tinyurl.com/ut8yvl6

Guided mindfulness meditation exercises and relaxation stories for children.

Podcasts

Peace Out

bedtime.fm/peaceout

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises.

Be Calm on Ahway Island

ahwayisland.com/episodes

Relaxing stories contain guided meditations and positive messages.

Activities for Kids

Cosmic Kids Yoga

youtube.com/playlist?list=PL8snGkhBF7ngqv160qM0Uf9IDaBkGzpo5

Mindfulness, yoga and relaxation activities designed for kids ages 3 and up.