

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



MINDFULNESS / PLEINE CONSCIENCE

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ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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The art of being: 101 ways to practice purpose in your life / Jones, Dennis Merritt. -- New York: Jeremy P. Tarcher/Penguin, 2008.

The Art of Being is a user-friendly manual to help you become acutely aware of how to live more mindfully on a day-by-day, hour-by-hour, moment-by-moment basis and thus create more peace and happiness in your life and in the lives of those around you.

FAM BJ 1581 .J56 2008

The autism playbook for teens: imagination-based mindfulness activities to calm yourself, build independence, & connect with others / McHenry, Irene; Moog, Carol. -- Oakland, CA: New Harbinger Publications, Inc, 2014.

This book offers a unique, strengths-based approach to help teens with autism spectrum (including Asperger's Syndrome) develop social skills, strengthen communication, and thrive. The activities contained in each chapter are custom-designed to work with the unique perspectives, sensory processing, neurological strengths and challenges that teens with autism bring to their encounters with the social world

FAM RJ 506 .A9 M124 2014

The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation & distress tolerance / McKay, Mathew; Wood, Jeffrey C; Brantley, Jeffrey. -- Oakland, CA: New Harbinger Publications, 2007.

Research shows that DBT can improve your ability to handle distress without losing control and acting destructively. In order to make use of these techniques, you need to build skills in four key areas-distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness.

FAM RC 489 .B4 D52 2007

Everyday blessings: the inner work of mindful parenting / Kabat-Zinn, Myla; Kabat-Zinn, Jon. -- New York: Hachette Books, 2014.

Suggests how parents can enrich their own and their children's lives through intentional, mindful parenting.

FAM HQ 769 .K32 2014

Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness / Kabat-Zinn, Jon. -- New York, NY: Delta, 2013.

Based on Jon Kabat-Zinn's mindfulness-based stress reduction program, this updated book shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks.

FAM RA 785 .K33 2013

Helping your angry teen: how to reduce anger and build connection using mindfulness and positive psychology / Abblett, Mitch R. -- Oakville, CA: New Harbinger Publications, Inc., 2017.

Written by a psychologist and teen expert, this book offers techniques based in mindfulness, compassion, and positive psychology to help face the challenges that parenting an angry teen presents. Discover the clinical and psychological underlying conditions that can contribute to teen anger, skills for improving communication, and mindfulness tips for staying calm.

FAM BF 575 .A5 A22 2017

The lemonade hurricane: a story of mindfulness and meditation / Morelli, Licia; Morris, Jennifer E. -- Thomaston, MA: Tilbury House Publishers, 2015.

Emma's little brother Henry is a good kid--but when his day has been too busy and too full, Henry can become a hurricane! Emma wishes that she could teach Henry to be still. One day, she shows Henry how meditation can make a big difference in both their lives.

FAM BJ 1651 .M67 2015

Master of mindfulness: how to be your own superhero in times of stress / Grossman, Laurie. -- Oakland, CA: New Harbinger Publications, Inc., 2016.

With this fun and empowering book, written for kids by kids and featuring cool illustrations and tips, young readers will learn how to use the power of mindfulness to address daily stresses--whether at school, at home, or with friends--so they can be confident, get focused, stay calm, and tap into their own inner strength. Kids can be their own superheroes--no matter what life throws their way.

FAM BF 723 .S3 G75 2016

The meditation bible: the definitive guide to meditation / Guading, Madonna. -- London: Sterling Publishers, 2005.

This book features 140 step-by-step techniques drawn from a variety of spiritual traditions, both Eastern and Western. This title offers meditations for calming and centring, living mindfully, developing love and compassion, solving problems, manifesting your dreams and connecting with the Divine. It also includes advice on meditation postures.

FAM BJ 1651 .G29 2005

Meditation is an open sky: mindfulness for kids / Stewart, Whitney; Rippin, Sally (ill). -- Chicago, IL: Albert Whitman & Company, 2014.

In this daily companion, kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm.

FAM BJ 1651 .S84 2014

The mindful child: how to help your kid manage stress and become happier, kinder, and more compassionate / Greenland, Susan Kaiser. -- New York: Free Press, 2010.

Mindful awareness works by enabling you to pay closer attention to what is happening within you--your thoughts, feelings and emotions-- so you can better understand what is happening to you. The author has developed techniques to teach mindful awareness to children, building their emotional and social skills and positively affecting their academic performance.

FAM BF 723 .S75 G744 2010

Mindful Monkey, happy Panda / Alderfer, Lauren; MacLean, Kerry Lee. -- Boston, MA: Wisdom Publications, 2011.

Monkey asks Panda what he does to seem so happy and peaceful all the time, and Panda replies that he brings his attention to whatever he is doing at a given time, whether eating, walking, or resting.

FAM BF 723 .A5 A53 2014

The mindful teen: powerful skills to help you handle stress one moment at a time / Dzung X. Vo. -- Oakland, CA: Instant Help, 2015.

The Mindful Teen offers teens a unique mindfulness program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) designed especially for teens to help manage stress, navigate volatile emotions, and improve communication skills.

FAM BF 723 .S3 V63 2015

Mindful way through anxiety: break free from chronic worry and reclaim your life / Orsillo, Susan M; Roemer, Lizabeth. -- New York, NY: Guilford Press, 2010.

With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being.
FAM RC 531 .A6 O77 2010

Mindfulness for teen anger: a workbook to overcome anger & aggression using MBSR & DBT skills / Purcell, Mark C.; Murphy, Jason R. -- Oakland, CA: New Harbinger, 2014.

Using mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy (DBT), this book teaches teens the difference between healthy and unhealthy forms of anger. Teens will learn to make better choices, stop overreacting, find emotional balance, and be more aware of their thoughts and feelings in the moment.
FAM BF 575 .A5 P87 2014

Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school & everywhere else / Willard, Christopher. -- Oakland, CA: Instant Help Books, 2014.

This book offers teens effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel calmer at home, at school, and with friends.
FAM BF 723 .A5 W55 2014

Mindfulness for teen depression: a workbook for improving your mood / Willard, Christopher. -- Oakland, CA: New Harbinger Publications, 2016.

Depression can make it hard for teens to do well in school, make friends, and reach their goals. In this book, two teen experts offer powerful tools based in mindfulness and positive psychology to empower young readers who suffer from depression. The depathologizing approach in this book will help teens ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life.
FAM RJ 506 .D4 A22 2016

Mindfulness starts here: an eight-week guide to skillful living / Monteiro, Lynette; Musten, Frank. -- Victoria, BC: Friesen Press, 2013.

This book offers you a way to ease stress with clear instructions on these points: How mindfulness works using Five Skillful Habits; How being mindful can help you deal better with sadness, pain, and anxiety; How mindfulness can make your life more manageable. You will learn how mindfulness works through simple, clear explanations. The instructions and practices show you how to pay attention to your life so you can make skillful decisions.
FAM RC 489 .M43 2013

No ordinary apple: a story about eating mindfully / Marlowe, Sara; Pascuzzo, Philip. -- Somerville, MA: Wisdom Publications, 2013.

Elliot stays with his neighbor, Carmen, after school every day and one afternoon she offers an apple as a snack, guiding him to experience it in a new way that makes it "the most appley-apple ever."
FAM RJ 206 .M27 2013

Sitting still like a frog: mindfulness exercises for kids (and their parents) / Snel, Eline. -- Boston: Shambhala, 2013.

This book is an introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout.

FAM BF 723 .S3 S64 2013

A still quiet place for teens: a mindfulness workbook to ease stress and difficult emotions / Saltzman, Amy. -- Oakland, CA: New Harbinger Publications, 2016.

Being a teen in today's fast-paced, media-saturated world is difficult, and it's easy to get overwhelmed or stressed out. Using mindfulness-based stress reduction (MBSR) techniques, teens will learn to balance emotions, stay focused and experience the natural quietness that lives within.

FAM BF 723 .S3 S25 2016

Superhero therapy: mindfulness skills to help teens & young adults deal with anxiety, depression & trauma / Scarlet, Janina; Alves, Wellington (ill.). -- Oakland, CA: Instant Help Books, 2017.

This graphic novel provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills. Within these pages, you'll team up with a group of troubled heroes enlisted at the Superhero Training Academy. When you're finished, you'll have a slew of new tools you can use - like mindfulness, self-compassion, and values - to help you conquer whatever life throws your way. For ages 12-17

FAM BF 723 .S3 S21 2017

Take the time: mindfulness for kids / Roegiers, Maud. -- Washington, DC: Magination Press/American Psychological Association, 2010.

Via rhythms and imagery, guides a child toward self-awareness and mindfulness, tools which may help him or her calm down and feel better when out-of-sorts.

FAM BF 723 .M37 R65 2010

Websites / Sites internet

Mindfulness 101: The Basics – CHEO / L'a b c de la pleine conscience - CHEO

<http://www.cheo.on.ca/en/Mindfulness>

Mindfulness for Teens

<http://mindfulnessforteens.com/>

MindMasters2 – CHEO

<http://www.cheo.on.ca/en/MindMasters2>

Just Breathe: The Importance of Meditation Breaks for Kids – Healthy Children from the American Academy of Pediatrics

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx>

Apps

MindMasters 2

- Children's Hospital of Eastern Ontario
- Free / gratuit
- English, French / anglais et français
- Last updated Feb 2016 / Mis-à-jour 2016 février
- The MindMasters 2 app helps to teach children about stress control, positive thinking and mindfulness through a series of fun and interactive activities. This app is designed for parents, educators and other to use with children ages 4-9 years. A guidebook detailing instructions, discussion questions and more can be found online at www.cyhneo.ca. / Le MindMasters 2 app aide à enseigner aux enfants sur le contrôle du stress, la pensée positive et la pleine conscience à travers une série d'activités amusantes et interactives.

Cette application est conçue pour les parents, les éducateurs et les autres à utiliser avec les enfants âgés de 4-9 ans. Un guide détaillant les instructions, les questions de discussion et plus peuvent être consultés en ligne à www.cyhneo.ca.

- Available from / Disponible depuis [iTunes](#)

Smiling Minds

- From Smiling Minds
- Free
- English
- Last updated October 2017
- From Google Play: Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind. Our programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. We offer programs for ages ranging from 7 year olds to adults.
- Available from [Google Play](#) & [iTunes](#)

Breathr: Mindful Moments

- From BC Children's Hospital
- Free
- English
- Last updated March 2017
- From Google Play: Developed at BC Children's Hospital with the help of youth and experts, Breathr teaches you easy and fun ways to practice mindfulness. Through a series of exercises, Breathr can help you to live in the present moment, while providing interesting facts about the benefits of mindfulness. Whether you have a minute a day or 20, Breathr can help you build a healthy and mindful routine.
- Available from [Google Play](#) & [iTunes](#)

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

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If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.



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