

# MINDFULNESS RESOURCES

## FOR TEENS & FAMILIES

Click the links below to explore the resources

### WEBSITES

[7 Mindfulness Exercises for Kids and Families](#)

[Mindfulness for Kids](#)

[Mindfulness for Teenagers and Adolescents](#)

[9 Mindfulness Exercises and Activities for Teens](#)

[10 Mindfulness Activities for Teens](#)

[Mindfulness for Teens: Get the Engaged](#)

### VIDEOS

[Shape Breathing: Mindfulness for Kids and Teens](#)

[Mindfulness: Four Breathing Exercises for Kids](#)

[Breathing Exercises for Kids with Mindful Yoga Breaks](#)

[2 Minutes Mindfulness: Tree Guided Meditation for Children](#)

[Breathe With Me - Guided Breathing Meditation for Kids](#)

### MOBILE APPS

[MyLife](#): Let MyLife™ recommend the activities that are right for you. Whether you're anxious, sleepless, hopeful, angry, or anything in between, we're here for you.

[MindShift](#): Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety.

[Smiling Mind](#): Free mobile mindfulness app for young people, from Australia.

[Headspace](#): "Meditation made simple."

[Breathr](#): The app provides opportunities for users to try out a variety of mindfulness practices, while also teaching them interesting facts about the brain science behind those practices.

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### BOOKS

[The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time](#)

**Author:** Dzung X. Vo MD FAAP

**Description:** The Mindful Teen is a mindfulness book for teens, with mindfulness instructions, guided meditations, examples, and youth voices.

[The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are](#)

**Author:** Karen Bluth PhD

**Description:** The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are.

[The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress](#)

**Author:** Gina M. Biegel MA LMFT

**Description:** Get Out of Your Mind and Into Your Life for Teens is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain.

[Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills](#)

**Author:** Mark C. Purcell and Jason R. Murphy

**Description:** This book will teach you the difference between healthy and unhealthy forms of anger. Inside, you'll learn how to make better choices, how to stop overreacting, find emotional balance, and be more aware of your thoughts and feelings in the moment. You'll also learn skills for building positive relationships with peers, friends, and family.

[Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life](#)

**Author:** Joseph V. Ciarrochi, Louise Hayes, and Ann Bailey

**Description:** Get Out of Your Mind and Into Your Life for Teens is a workbook that provides you with essential skills for coping with the difficult and sometimes overwhelming emotions that stress you out and cause you pain. The emotions aren't going anywhere, but you can find out how to deal with them. Once you do, you will become a mindful warrior!