

Choosing Mindfulness



Trauma, Resilience and Mindfulness Resources

Compiled by Bhanu Joy Harrison, LCSW

Organizations

The Mindful School – www.mindfulschools.org

Greater Good Science Center – www.greatergood.berkeley.edu

Healthy Environments & Response to Trauma in Schools – www.hearts.ucsf.edu

Holistic Life Foundation, Baltimore – www.hlfinc.org

Inner Kids Foundation (Susan Kaiser Greenland) – www.innerkids.org

Foundation for Human Enrichment – Peter Levine - www.traumahealing.com or
www.somaticexperiencing.com

MindUp – Goldie Hawn – Educating Teachers – www.mindup.org

CASEL – Collaborative for Academic, Social and Emotional Learning - www.casel.org

Websites

Mindful.org

StillQuietPlace.com – Dr. Amy Salzman

Blissfulkids.com

GoNoodle.com

Mindfulness in Education Network – MiEN@yahoogroups.com

JusTmindfulness – “Don’t Flip Yo Lid” song on You Tube

www.innerkids.org

www.stephenporges.com for info on polyvagal theory

www.kidsfocususa.com - movement exercises to reduce ADHD

Books & Games

Peter Levine – Waking the Tiger – Healing Trauma

Trauma Through a Child’s Eyes – with Maggie Kline

Trauma Proofing Your Kids – with Maggie Kline

Christopher Willard – Growing Up Mindful

Mindfulness for Teen Anxiety

Child’s Mind – Mindfulness Practice to Help Our Children Be More

Focused, Calm and Relaxed

Teaching Mindfulness Skills to Kids and Teens

Growing Mindful

Mindful Reminders Card Deck: 52 Powerful Practices for Teens &
Adults

Raising Resilience – The Wisdom & Science of Happy Families and Thriving Children

Daniel Siegel – The Whole Brain Child – 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind
No Drama Discipline
Brainstorm: the Power & Purpose of the Teenage Brain
The Yes Brain-How to Cultivate courage, Curiosity and Resilience in Your Child

Susan Kaiser Greenland
The Mindful Child
Mindful Games – Activity Cards 55 Ways to Share Mindfulness with Kids and Teens

Eline Snel Sitting Still Like a Frog – Mindfulness Exercises for Kids and Parents
(with CD)

Gina M. Biegel Be Mindful Card Deck for Teens

Jan Chozen Bays, MD Mindfulness on the Go Cards – 52 Practices

Linda Graham, MFT Resilience – Powerful Practices for Bouncing Back from Disappointment, Difficulty and even Disaster

Rick Hanson, PhD Resilient – How to Grow and Unshakable Core of Calm, Strength and Happiness

Thich Nhat Hanh & Katherine Weare – Happy Teachers Change the World – A Guide for Cultivating Mindfulness in Education

Robert Scaer The Trauma Spectrum – Hidden Wounds and Human Resiliency

Amy Salzman – The Still Quiet Place for Teens, Still Quiet Place for Athletes

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