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
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
Jus’Tmindfulness – “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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