

Resources

Books/ Lessons

Mind Up Curriculum

Mindfulness Skills for Kids and Teens

<http://boystowntraining.org/lesson-plans.html>

Second Step Curriculum

Phone/Ipad Aps

Smiling Mind (Kids)

Mindfulness Daily (You)

Yoga Deck

https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=yoga+deck+kids&rh=i%3Aaps%2Ck%3Ayoga+deck+kids

Self-Regulation/Sensory Tools

Creative Therapy Associates – ctherapy.com

Gonoodle.com

Kidsplaybox.com

Lemonlimeadventures.com

Orientaltrading.com

Pinterest – sensory tools for kids

Therapyshoppe.com

Other Resources

Collaborative for Academic and SEL (CASEL)- Evidence-based SEL

www.casel.org

Mindful Schools-integrating mindfulness into every day, courses and curriculum available

[www. mindfulschools.org](http://www.mindfulschools.org)