

Great Mindfulness Apps for Kids

There are a ton of mindfulness apps out there to help you become more mindful, and many of these apps are designed specifically for kids.

Here's a list of 15 such apps that can help kids deal with anxiety and stress and become more mindful:

1. Breathe, Think, Do Sesame
2. Calm
3. DreamyKid
4. Headspace: Guided Meditation and Mindfulness
5. Kids Yoga Deck
6. Stop, Breathe, and Think Kids
7. Breathing Bubbles
8. Smiling Mind
9. Positive Penguins
10. Calm Counter
11. Emotionary
12. Take a Chill
13. Chill Outz
14. Super Stretch Yoga
15. Relax Melodies

3 Videos that Explain the Concept to Kids

To teach your children about mindfulness, you might want to try a video. Videos can be more engaging than simply listening to someone talk about a topic, and mindfulness is no exception.

These three videos can help you teach your kids about mindfulness:

The Listening Game – Cosmic Kids Yoga

Teaching Mindfulness to Children at Home and in Schools – GoStrengthsOnline

Mindfulness for Kids: What Does Being Present Mean? – Fablefy – The Whole Child

5 More Mindfulness YouTube Videos

If you're looking for exercises and activities that your child can follow along with, there are also many helpful videos for this purpose.

Here's a small sample of the videos that you can show your child to help them practice mindfulness:

Mindfulness for Kids – Loving Kindness Practice from Fablefy – The Whole Child

Mindfulness Meditation for Kids Breathing Exercise – New Horizon – Meditation & Sleep Stories

5 Minutes Bodyscan Meditation for Classrooms and Students – Fablefy – The Whole Child

Peace Out Guided Relaxation for Kids – Cosmic Kids Yoga

Mindful Eating: Mindfulness Exercise for Kids with Chocolate – GoStrengthsOnline

6 Books to Teach Kids About Mindfulness

If you want a book you can give your child or read with your child to encourage greater mindfulness, you're in luck—there are many books for you to choose from.

Here's a sample of some of the most popular ones:

1. Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens (and Grown-Ups too!) – Christian Bergstrom (**Amazon**)
2. Mindfulness for Kids: 30 Fun Activities to Stay Calm, Happy, and In Control – Carole P. Roman and J. Robin Albertson-Wren (**Amazon**)
3. Mindful Kids: 50 Mindfulness Activities for Kindness, Focus, and Calm – Whitney Stewart and Mina Braun (**Amazon**)
4. Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere – Kira Willey and Anni Betts (**Amazon**)
5. I Am Peace: A Book of Mindfulness – Susan Verde and Peter H. Reynolds (**Amazon**)
6. Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) – Eline Snel and Jon Kabat-Zinn (**Amazon**)