

Mindfulness & Mental Wellness for Children & Teens

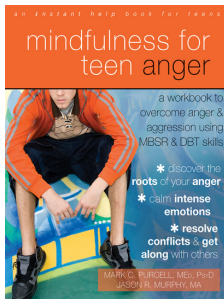
Family Resource Libraries

Karahan Family Resource Library
Children's Health Plano
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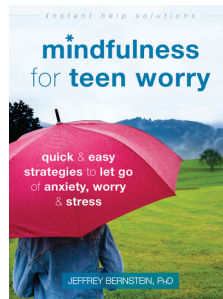
Krissi Holman Family Resource Library
Children's Health Dallas
Health & Leisure - C4205 - 214-456-0222
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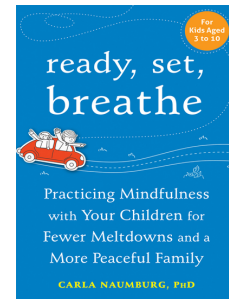
Book Recommendations



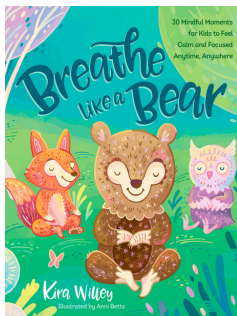
Mindfulness for Teen Anger
by Mark C. Purcell



Mindfulness for Teen Worry
by Jeffrey Bernstein



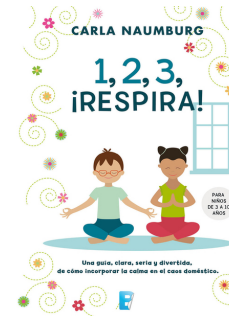
Ready, Set, Breathe
by Carla Naumburg



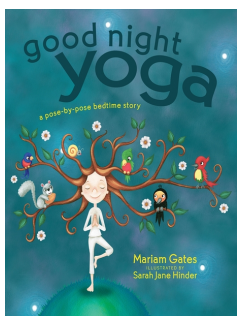
Breathe Like a Bear
by Kira Willey



Mami, ¡no quiero ser obeso!
by Alexandra Orozco



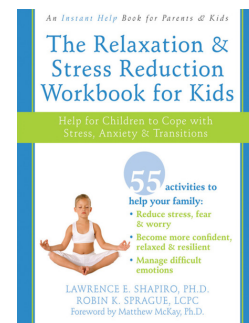
1, 2, 3, ¡Respira!
by Carla Naumburg



Good Night Yoga
by Mariam Gates



Transforming Stress for Teens
by Rollin McCraty



The Relaxation and Stress Reduction Workbook for Kids
by Lawrence E. Shapiro

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Websites on Mindfulness and Mental Wellness for Children & Teens

Children's Health - childrens.com/health-wellness/mindfulness-for-kids

Healthy Children - healthychildren.org/healthy-living/emotional-wellness/Pages/Just-Breathe

Kids Health - kidshealth.org/en/kids/mindfulness

kidshealth.org/en/kids/mindful-exercises

kidshealth.org/en/kids/yoga-stress

kidshealth.org/en/kids/center/relax-center

kidshealth.org/en/teens/your-mind/mental-health

Medline Plus - medlineplus.gov/teenmentalhealth.html

The National Academies of Science Engineering Medicine -
nap.edu/resource/other/dbasse/wellbeing-tools/interactive/index

If you need any more information about mindfulness & mental wellness for children & teens,
email fri.libraries@childrens.com.

Sitos Web Atención Plena Para Niños y Adolescentes

Healthy Children - healthychildren.org/spanish/healthy-living/emotional-wellness/just-breathe

KidsHealth - kidshealth.org/es/kids/mindfulness

kidshealth.org/es/kids/mindful-exercises

kidshealth.org/es/kids/yoga-stress

kidshealth.org/es/kids/stress-center

kidshealth.org/es/teens/managing-care-center

kidshealth.org/es/teens/your-mind

Medline Plus - medlineplus.gov/spanish/teenmentalhealth

The National Academies of Science Engineering Medicine -
nap.edu/resource/dbasse/wellbeing-tools/interactive/espanol

National Institutes of Health: Transformación de Descubrimientos en Salud -
salud.nih.gov/recursos-de-salud/herramientas-de-bienestar/sus-sentimientos/

Si necesita más información sobre atención plena para niños y adolescentes,
envíe un correo electrónico, fri.libraries@childrens.com.