**Resources for working Mindfully and Creatively with children and families**

**Books**

*Moody Cow meditates* by L. MacLean; *Anh’s anger* by G. Silver

*The red beast* by KL Al-Ghani; *Making friends with Frankenstein* by Colin McNaughton.

### [*Planting Seeds: Practicing Mindfulness with Children*](http://www.amazon.com/Planting-Seeds-Practicing-Mindfulness-Children/dp/1935209809/ref=sr_1_1?s=books&ie=UTF8&qid=1354073892&sr=1-1&keywords=planting+seeds+practicing+mindfulness+with+children) (2011) by Thich Nhat Hanh, Chan Chau Nghiem and Wietske Vriezen.

*I just want to be me! Building resilience in young people* by T & S Bowden (<http://www.actonpurpose.com.au/Mindfulness-activities-for-young-children.pdf>)

*ACT experiential adolescent group manual* by L. Hayes & J. Rowse.

**CD’s**

Relax kids Nature, superheroes etc. ([www.relaxkids.com](http://www.relaxkids.com))

**Cards**

*Cars’r’us & Bear cards,* St Luke’s Innovative resources

*Thought cards* and *word prisons* by T & S Bowden, <http://www.actonpurpose.com.au>

*Values cards* by Louise Hayes & Lisa Coyne

**Toys**

Kimochi: <http://www.gottman.com/51166/728304/Books-Lectures-and-Tools/Kimochi----Emotion-Toy.html>

**Recipe for Mind Jar or Sparkle Pocket**

*Ingredients:*

* Glycerine or clear gum mixed with water (ratio about 2 parts glycerine, 1 part water)
* a tiny amount of liquid soap
* Glitter and other sparkly stuff like sequins (or use glitter glue instead of clear gum)
* Alphabet beads to spell CALM, PEACE, RELAX etc. (optional)
* Clear plastic bottle or A4 laminating pouch cut in half (A5).

For pocket, iron closed 2cms along 3 sides of a laminating pouch until sealed. Pour glycerine, plus water, into the pouch then add sparkly stuff and beads. Seal by ironing the 4th side.

For jar, add ingredients to bottle (you can fill almost to the brim), close lid and shake. Watch it settle as your mind becomes clearer and calmer.

Glycerine thickens the water, so the more you use, the longer the sparkles take to settle in the bottle. A bit of trial and error will yield the best results.