



Mindful Tradition

# Resources

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FOR MINDFULNESS WITH KIDS

Cosmic Yoga - This is a youtube channel that offers kids yoga.

KaleidoscopeME - This is an edutainment platform that teaches children social and emotional awareness and uses the tools of mindfulness and yoga.

Mindful Kids card deck - These cards are the basis for the exercises offered in this course. I have modified them to be used by a neurodiverse population. I highly recommend the set as you have all the tools you need now to use them successfully.

Mindful Tradition Consultations - If you do not have time to support these activities as a team, or you have found these tools helpful and would like to dive deeper into the work of mindfulness, you can reach out to me at [www.mindfultradition.com](http://www.mindfultradition.com) and we can continue the work together.

Our Twelve Senses: How Healthy Senses Refresh the Soul by Albert Soesman - This book delves farther into the concepts of the senses.

How To Heal With Color by Ted Andrews - A book that will take you through the process of working with color therapy

