

Do-BeMindful Readers – Third/Fourth Level

The following resources are great for helping teens to learn how to be mindful, how to manage stress and self-regulate. They'll develop skills like attention, awareness, self-compassion, relaxation, connecting with others and resilience.

Books

The Mindful Teen By DZung Vo

Rays of Calm, Relaxation for Teenagers by Christine Kerr

Stress Less Cards by Sanna Wikström

The Little Book of Mindfulness by Dr Patrizia Collard

