

“Some of Our Favorites” Children’s Books - Recommended by Eliana Gil

The team at Gil Institute would like to share some additional favorite books for children that introduce the practice of mindfulness and mindfulness meditation. When ordering books please remember The Self-Esteem shop, a book store interested in books for children and a favorite resource of Dr. Gil and the Gil Institute staff. They can be found at selfesteemshop.com.

A NEW FAVORITE FOR MINDFULNESS...

Sitting Still Like a Frog: Mindful Exercises for Kids (and their parents). Eline Snel has written a delightful and useful book for parents and children. By explaining mindfulness to parents in simple ways, parents are then able to introduce, model, and practice mindfulness with their kids. There are lots of helpful, simplified concepts like “sitting like a frog” to promote tuning into the rhythms of breath. There are also exercises for expanding awareness, mindful eating, and other things. Although these are exercises most adults are used to, the book suggests fun ways for kids to become interested in their feelings, their bodies, and what temperature is going on inside. I particularly liked the attention placed on kindness as well as parents practicing and building habits with their kids.

Snel, E. (2013). *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their parents)*. Boston, MA: Shambhala Publications

AN OLD FAVORITE FOR MINDFULNESS...

Mindful Monkey, Happy Panda. I love this whimsical book, very engaging from the first page. My experience reading it with kids has been that it sustains their interest and they identify with both animals who have universal appeal. The monkey is fully of energy, the Panda a little more laid back, together they look at how things can be noticed differently and more fully when they are in the moment!

Alderfer, L. (2011). *Mindful Monkey, Happy Panda*. Wisdom publications.

Both books available from our friends at the Self Esteem Shop: www.selfesteemshop.com