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Here are some additional resources to support your journey into children's meditation and mental well-being:

Books:

Mindfulness for Kids by Carole P. Roman – A practical and fun guide introducing mindfulness techniques to children

Sitting Still Like a Frog by Eline Snel – A great resource with guided meditations designed specifically for kids.

The Mindful Child by Susan Kaiser Greenland – Insightful strategies for introducing mindfulness into your child's daily routine.

Yoga for Children by Lisa Flynn – Combines yoga with mindfulness practices for a holistic approach to well-being.

Mindful Games by Susan Kaiser Greenland – Offers playful, engaging activities to foster mindfulness in children.

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UK-Based Charities Supporting Young Minds:

YoungMinds – The UK’s leading charity supporting children and young people’s mental health. Their resources for parents provide guidance on mindfulness and emotional well-being. Visit: [youngminds.org.uk](https://www.youngminds.org.uk).

Place2Be – A charity working in schools to provide mental health support for children and resources for parents. Learn more: [place2be.org.uk](https://www.place2be.org.uk).

Anna Freud National Centre for Children and Families – Offers a wide range of tools and support for parents to help children manage their mental health. Check out: [annafreud.org](https://www.annafreud.org).

The Children’s Society – Focuses on improving the mental health and well-being of young people, with practical advice for families. See: [childrenssociety.org.uk](https://www.childrenssociety.org.uk).

Mind – The UK’s mental health charity offers advice and information for parents supporting children’s mental well-being. Visit: [mind.org.uk](https://www.mind.org.uk).

These resources, alongside the Thoughtbubbles Guide and Programme, provide a robust foundation to support your child’s mindfulness and emotional growth.

ABOUT

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thoughtbubbles is a wellbeing consultancy based in Bristol, United Kingdom with a focus upon improving the mental wellbeing of all ages.

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