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Mindfulness for Children

This article starts with the benefits of mindfulness practices, then offers examples of how they might be implemented with infants, toddlers, young children, and older children.

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Just Breathe

In the 4-minute long video, boys and girls describe how their emotions affect them. Figuring out how and what they are physically feeling is particularly challenging when they're feeling things like rage, sadness, disgust, and confusion for the first time. Rather than just sharing the children's feelings, the film goes on to show how helpful breathing and mindfulness can be in keeping kids emotionally healthy.

<https://mysmartgirls.com/short-film-just-breathe-helps-kids-deal-with-emotions-1b4f91dac5ad#.4mfw5o2ry>

What Mindfulness Does for Urban Kids

This article describes how mindfulness practices were implemented in an urban school to break the cycle of disruption, punishment, and expulsion experienced by African-American and other students of color. It provides examples of how mindfulness has helped children regulate their emotions and extend their attention span.

Among the documented outcomes are reductions in suspensions. <https://www.citylab.com/life/2016/11/what-mindfulness-does-for-urban-kids/507461/>

Mindfulness Practices for Families

Mindfulness is noticing what's going on outside—and inside—of us with acceptance and kindness. The mindfulness exercises on this webpage are designed to help both adults and young children to experience a sense of calm connection. <https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families>

Rocking and Rolling: Mindfulness in Infant and Toddler Settings

Building skills that promote greater attention, focus, and calm can offer children the benefit of a peaceful, responsive presence in their early childhood setting. This article shares evidence-based strategies for doing that.

<https://www.naeyc.org/resources/pubs/yc/mar2018/rocking-and-rolling>

The Kindness Curriculum

Read an article or watch a video in English or Spanish about a mindfulness curriculum for preschoolers to help them pay closer attention to their emotions. Researchers found that children who experienced the curriculum had a better attention span, better grades, and showed a higher level of social competence.

<https://positiveparentingnews.org/news-reports/the-kindness-curriculum/> Sign up for a free copy of the curriculum at <https://centerhealthyminds.org/join-the-movement/sign-up-to-receive-the-kindness-curriculum>

Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations

Use this toolkit to learn about the case for using mindfulness techniques in your daily work and organization, to try hands-on strategies, and to learn more from organizations that use mindfulness. <https://www.zerotothree.org/resources/2896-getting-started-with-mindfulness-a-toolkit-for-early-childhood-organizations>

The Butterfly Hug

Here's a calming activity to do anywhere. <https://www.youtube.com/watch?v=iGGJrqsctU&feature=youtu.be>

Natural Resources is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources on a specific topic related to children from birth through Grade 3, their families, and the professionals and systems that serve and support them. Resources in both Spanish and English are **highlighted in yellow**. Natural Resources is compiled and distributed by Camille Catlett, and past issues are archived at

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