



## Trauma-Informed Mindfulness Engagement for Kids (TIME4K)

### Activities

**Sensory Bin ideas** - <https://www.pinterest.com/Happytotsshelf/sensory-bins-ideas/>

**Squishies** - [KINGYAO Squishies Squishy Toy 24pcs Party Favors for Kids](#) (Amazon, \$11.99)

**Stress Ball How-to** - <https://www.wikihow.com/Make-a-Stress-Ball>

### Apps

**Insight Timer**—The largest free library of guided meditations with more than 30,000 titles.

<https://insighttimer.com/>

### Books

#### ***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma***

*By Bessel van der Kolk M.D.*

The effects of trauma can be devastating for sufferers, their families and future generations. One of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body.

#### ***Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life***

*by Jon Kabat-Zinn, Ph.D.*

In this book, the author maps out a simple path for cultivating mindfulness in one's own life. It speaks both to those coming to meditation for the first time and to longtime practitioners, anyone who cares deeply about reclaiming the richness of his or her moments.

#### ***Ahn's Anger***

*by Gail Silver*

*Ahn's Anger* teaches children that it is okay to feel angry, and shows the technique, often used by child therapists, of externalizing the emotion.

#### ***Listening to My Body***

*by Gabi Garcia*

This engaging, interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them.

***Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)***

by Eline Snel

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60-minute audio CD of guided exercises.

***Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens Cards***

by Susan Kaiser Greenland

A deck of 55 mindfulness games for kids that takes a playful approach to developing attention and focus and identifying and regulating emotions.

**Training (Online and Local Resources)**

**Calm Classroom, [www.calmclassroom.com](http://www.calmclassroom.com)**

Calm Classroom is the largest provider of school-wide mindfulness programming in the United States. We are committed to cultivate peaceful, engaged classrooms and school communities by empowering students and educators with mindfulness skills that support mental and emotional wellbeing.

**Mindful Schools, [www.mindfulschools.org](http://www.mindfulschools.org)**

Mindful Schools' research-backed professional development trainings are based on our work in schools and over a decade of experience training educators. Mindful Schools courses are designed to empower educators to develop and deepen their mindfulness practice and access K-12 curriculum and adaptable strategies to spark positive change in their work. This online curriculum offers foundational classes, continuing studies, and course toward Mindful Teacher Certification.

**Jeannie Harrison, Founder, Karma Yoga Institute, [jeanniesoffice@gmail.com](mailto:jeanniesoffice@gmail.com)**

Yoga for Emotional Intelligence (Yoga EQ) is an embodied Social Emotional Learning program that shows students how to address tough emotional situations, process these experiences, and relate to their peers. Students learn how to identify emotions in the body through meditation and how to shift mood with movement. You will leave this fun, interactive training equipped with the tools needed to teach Yoga EQ.

**Katrina Jefferson, MSW, LCSW, RPT-S, CTT, Owner/Therapist, PeaceTree Center for Wellness, [tlc4change@gmail.com](mailto:tlc4change@gmail.com)**

Ms. Jefferson, a registered play therapy supervisor and a certified trauma therapist, offers training on a variety of topics:

- Trauma Informed Care (ACES 101, Building Connections in the Classroom, Forming Pathways for Success, and Embrace the Brain to Change the Game)
- Self-Regulation (Tips, Tricks and Strategies for the Classroom; Connections to Classroom Success; Integrating Play Therapy in the School Setting; Play Therapy for Complexly Traumatized Youth)
- Resilience Building (Mindfulness Strategies for the Classroom, Connections Matter, Resilience Trumps ACEs, Self-Care for Secondary Trauma)

**Kim White, EdD, LCSW, Assistant Professor, Marshall University Social Work Department, [whitek@marshall.edu](mailto:whitek@marshall.edu)**

Dr. White provides training on many mindfulness-related topics, including mind-body awareness; understanding impact of mindfulness and meditation on brain, body, behavior; stress-reduction effectiveness with teachers; and mindfulness as a way of modeling positive coping and connecting with students.