MINDFUL CLUB RESOURCES:

- The MindUP Curriculum by The Hawn Foundation
- “Zones of Regulation: A Framework to Foster Self Regulation and Control” by Leah Kuypers
- “Superflex...A Superhero Social Thinking Curriculum” by Stephanie Madrigal & Michelle Garcia Winner
- “Ready..Set...R.E.L.A.X” by Jeffrey Allen and Roger Klein
- “Yoga Calm for Children, Educating Heart Mind and Body” by Lynea and Jim Gillen
- The Relaxation & Stress Reduction Workbook for Kids” by Lawrence Shapiro and Robin Sprague
- Sitting Still Like a Frog: Mindfulness Exercises for Kids (And their Parents) by Eline Snel and Myla Kabat-Zinn
- “Planting Seeds: Practicing Mindfulness With Children” by Thich Nhat Hanh
- Cosmic Kids Yoga, www.cosmickids.com
- “Yoga4 Classrooms, Tools for Learning, Lessons for Life” by Lisa Flynn
- GoNoodle, www.gonoodle.com
- MeMoves DVD, thinkingmoves.com
- The Miracle Morning by Hal J. Elrod
- The Essential 55: An Award-Winning Educator’s Rules For Discovering the Successful Student in Every Child by Ron Clark

Children’s Books:
- “One” by Kathryn Otoshi
- “What Do You Do With A Problem” by Kobi Yamada
- “What Do You Do With An Idea” by Kobi Yamada
- “The Girl Who Never Made Mistakes” by Mark Pett and Gary Rubinstein
- “Beautiful OOPS!” by Barney Saltzberg

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