

Resources for Child, Teen and Family Meditation Programs

Books

For Parents and Teachers

Taking Our Places *by Norman Fischer*

The Mindful Child *by Susan Kaiser Greenland*

“One of the best books on mindfulness for kids I have read. Practical and accessible. You can feel Susan’s years of experience and dedication.” *Jack Kornfield*

For Teens & Young Adults

Wide Awake: A Buddhist Guide for Teens

by Diana Winston

Teens today have a lot of pressure to compete and consume. This book talks about this and finding peace amid the ups and downs of life; accepting ourselves; working with difficult emotions; learning how to meditate; and using the fundamental tenets of Buddhism.

Blue Jean Buddha: Voices of Young Buddhists

by Sumi D. Loundon and Jack Kornfield

28 college-aged, self-identifying Buddhists, wrote essays about how Buddhism has affected their lives, self-transformation and means of livelihood.

Dharma Punx *by Noah Levine* Noah’s search for meaning led him to punk rock, drugs, and drinking; but after seeing the uselessness of that approach, he looked for positive ways to channel his rebellion. He delved into Buddhism and instead of rejecting the punk scene, he integrated the two worlds as a catalyst for transformation.

For Children

A Pebble for Your Pocket *by Thich Nhat Hahn*

Ahn's Anger *by Gail Silver*

Because Brian Hugged His Mother *by David L. Rice*

Buddha *by Demi*

Clearly and eloquently tells the story of the Buddha's birth, childhood, enlightenment and death, and introduces some of his basic teachings. The delicate, detailed pictures are meant to evoke ancient Indian miniatures. (Ages 8-12)

Buddha at Bedtime *by Dharmachari Nagaraja*

Buddhist Animal Wisdom Stories *by Mark W. McGinnis*

I Once Was a Monkey *by Jeanne M. Lee*

Japanese Children's Favorite Stories *by Florence Sakade*

Kindness: A Treasury of Buddhist Wisdom for Children and Parents *Collected and adapted by Sarah Conover*

Moody Cow Meditates *by Kerry Lee MacLean*

Peaceful Piggy Meditation *by Kerry Lee MacLean*

The Birdman *by Veronika Martenova Charles*

The Grump *by Mark Ludy*

The Runaway Bunny *by Margaret Wise Brown*

The Three Questions *Based on a story by Leo Tolstoy; Written and Illustrated by Jon J. Muth*

Tibetan Tales for Little Buddhas *by Naomi C. Rose*

Tibetan Tales from the Top of the World *by Naomi C. Rose*

Zen Shorts *by Jon J. Muth*

Zen Ties *by Jon J. Muth*

A lovely, quiet book with beautiful illustrations. Stillwater, a giant panda who happens to be a Zen master, offers three parables for children to contemplate-a simple meditation in itself, even for adults. (Ages 4-8)

Websites

Betsy Rose: Music & Mindfulness

<http://www.betsyrosemusic.org/>

Still Quiet Place: Dr. Amy Saltzman

<http://www.stillquietplace.com>

Mindful Schools

<http://www.mindfulschools.org/>

Susan Kaiser Greenland: The Inner Kids Project

<http://www.susankaisergreenland.com/inner-kids.html>

Greater Good: The Science of a Meaningful Life

<http://greatergood.berkeley.edu/>

Shambhala Kids & Teens

<http://www.kidsmeditationcds.net/>

Loving Kindness with Kids: Gregory Kramer

<http://www.buddhanet.net/medkids.htm>

Stepping Stones Project — Guiding Today's Youth on the Path to Adulthood

<http://www.steppingstonesproject.org/>

Buddha Mind

<http://www.buddhamind.info/leftside/index.htm>

Click “activities” in the left hand navigation bar, and explore the items under it (“for teachers,” “meditation,” “craft,” “drama,” and “sound”.) Also visit the “Buddha Minders” link and click on “Sunday School.”

Some Good Books

These books were recommended by sangha members. We hope you enjoy them!

If you have books to recommend or to donate to the SIMS library, please [email](mailto:dharmachildren@seattleinsight.org) us: dharmachildren@seattleinsight.org.

For kids...

Title	First Name	Last Name	Description	In SIMS library'
Anh's Anger	Gail	Silver		not yet
Baboon	Kate	Banks		not yet
Grasshopper on the Road	Arnold	Lobel		not yet

Hug	Jez	Alborough		not yet
It's Useful to Have a Duck/It's Useful to Have a Boy		Isol		not yet
Little and Large	Tony	Millionaire		not yet
Mike Mulligan and His Steam Shovel	Virginia Lee	Burton		not yet
Old Turtle and the Broken Truth	Douglas	Wood		not yet
Peaceful Piggy Meditation	Kerry Lee	Maclean		not yet
Play with Me	Marie Hall	Ets		not yet
Rabbit's Gift	George	Shannon	(Generosity; Friendship). Retelling an ancient Asian tale, this book is for children ages 3-8. It lovingly describes the generosity of forest creatures during winter as they share an extra turnip. Rabbit's friendship with Donkey, Deer, and Goat is simply illustrated by Laura Dronzek in this beautiful picture book.	not yet
Selma	Jutta	Bauer		not yet
Simple Pictures Are Best	Nancy	Willard	(Importance of simplicity). For ages 9-12, this 32 page book humorously tells of the importance of simplicity, in photography and in other aspects of life. A childhood favorite of many adult readers.	not yet
The Gift	Isia	Osouchowska		not yet
The Gift of Nothing	Patrick	McDonnell		not yet
The Lion and the Little Red Bird	Elisa	Kleven		not yet
The Lost Horse	Ed	Young	(Things are not always as they seem; Nonattachment to outcomes; Fortunes change beyond our imagining, so accept the reality we see, as it unfolds, and drop the story line.) This ancient Chinese fable tells of a wise man who loses his magnificent horse. In the ensuing story, blessings	not yet

			become unforeseeable disasters, and vice versa. As the wise man says, "You know, it may not be such a bad thing." For ages 4-8. 32 pages. Beautifully illustrated in Asian woodcut style.	
The Mole Sisters and the Rainy Day	Roslyn	Schwartz	(Being Present to what is happening, Embracing unpleasantness). In this sweet little book for toddlers, the mole sisters deal with things not going as they had planned, using simple language and charming illustrations.	not yet
The Three Questions (based on a story by Leo Tolstoy)	Jon J	Muth	(Compassion, Living in the Moment). This beautiful book retells the original story by Leo Tolstoy in a form for young children ages 4-8. The three questions are When is the best time to do things? Who is the most important one? What is the right thing to do? As Nikolai rescues a panda and her baby, he discovers the answers for himself, with the help of Leo the turtle. Children will love the 32 big pages of soft watercolor illustrations .	not yet
The Treasure	Uri	Shulevitz	(Finding truth at home vs far away; Being here now). This book for ages 4-8 retells an old fable of a poor old man who seeks treasure far away and returns home to find it there, by trusting and listening to what is happening around him. The 32 pages of illustrations are beautiful imaginative artwork for all ages.	not yet
Tomorrow's Alphabet	Shannon	George	(Seeing mindfully; Staying open to life...not bound by habitual lenses). This simple sounding book for kids who have mastered the normal alphabet (ages 5 and up) surprises young readers at every turn of the page...such as: D is for Puppy...tomorrow's Dog...through all 26 letters of the alphabet.	not yet
White Is for Blueberry	Shannon	George	(Looking carefully and seeing in detail; Not stereotyping). This book is for ages 4-8. Its 40 pages challenge the reader to imagine, for example, how Orange can be for Sky, which everyone knows is Blue. Turning the page we learn Orange is the color of sky as the sun sets.	not yet
Zen Shorts	Jon J	Muth		not yet

For adults...

Title	First Name	Last Name	Description	In SIMS library'
Buddha Mom: The Path of Mindful Mothering	Jacqueline	Kramer	The memoir of a longtime practitioner and mother of one grown daughter. The book includes stories from her personal experience as well as beginner-level descriptions of the dharma.	not yet
Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Children	Sarah	Napthali	The author includes quotes from practicing Buddhist-parents and each chapter – with topics such as “dealing with anger” and “living with partners” -- includes a summary of how to put the principles of Buddhism into practice.	not yet
Buddhism for Mothers of Young Children: Becoming a Mindful Parent	Sarah	Napthali	“A combination of personal narrative and stories gathered from mothers...The Buddhist teachings and principles help answer questions that all mothers face, especially those with young children: <i>Who are my children? Who am I? ...What to do about all that housework?</i> and <i>Is this all?</i> Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love.” (from the back cover)	not yet
Dharma Family Treasures	Sandy	Eastoak	"Sharing Mindfulness with Children." An anthology of Buddhist writings edited by Sandy Eastoak. Part One - Parents Practicing, Part Two – A Valid Path, Part Three - The Children's Sangha, Part Four - Simple Teachings, Part Five - Honoring the Source. This anthology explores the challenges and rewards of sharing Buddhist values and the practice of mindfulness with children. Family practice of such essential spiritual values as mindfulness, compassion, and self-reflection has the potential to guide parents, empower children and foster community.	yes!
Everyday Blessings: The Inner Work of Mindful Parenting	Jon and Myla	Kabat-Zinn	“In the rush, rush, rush of too-much-to-do-and-no-time-to-do-it, the all-important, nurturing aspects of parenthood can easily disappear. [This] book approaches parenting from the Zen Buddhist position of moment-to-moment awareness. It's a beautiful presentation and a thoughtful approach to mindful meditation that will	yes!

			help you slow down, enrich your life as a parent, and nourish the internal life of your children.” (from Amazon reviews)	
Momma Zen: Walking the Crooked Path of Motherhood	Karen Maezen	Miller	A memoir and an exploration of the deep intersection of motherhood and practice. “Miller’s practice has seeped deeply into her life and the result is an extraordinary book of practical wisdom. She avoids the preaching and moralizing so common in parenting books, and instead offers the reader a way of peace and freedom in the midst of fatigue and doubt. A truly valuable book.” — William Martin, author of <i>The Parent’s Tao Te Ching</i>	not yet
The Centering Book: Awareness Activities for Children, Parents and Teachers	Gay	Hendricks	Co-authored by Russel Wills. “Awareness activities for children, parents, and teachers.” Meditation and yoga are just two of the many ways people now use to expand their awareness. In this book you will learn meditative exercises, yoga, dream analysis, imagery, relaxation, and much more that will open up whole new areas of creativity and understanding for you. You will also learn how to teach these techniques to children to help them develop as whole persons. The authors explain that only part of the brain is stimulated by traditional education and learning. The portion that is creative, intuitive, lies virtually untapped; but, with the help of the activities described you can learn how to use this untouched portion. You will learn how to penetrate to the psychological center of your body.	yes!
The Parents’ Tao Te Ching: Ancient Advice for Modern Parents (A New Interpretation)	William	Martin	A thin volume that includes Martin’s interpretations of the Tao Te Ching’s 81 chapters. “With its combination of free verse and judicious, psychologically discerning advice, [Martin] addresses the great themes that permeate the Tao and that underscore loving parent-child relationships: responding without judgment, emulating natural processes, and balancing between doing and being.” (from the book cover)	not yet
Kindness: A Treasury of Wisdom for Children and Parents	Sarah	Conover	With illustrations by Valeria Wahl. “A beautiful collection of historical Buddhist teaching fables and anecdotes... There are 32 stories in all, most 2-3 pages, some more, all meant to be read aloud. In between the stories are sayings from the Buddha or Buddhist teachers.” – L. Erickson	not yet