



Book List: Mindfulness and Meditation

Age Group 5 - 11

- *Sitting Like a Frog*, Eline Snel - Shambhala Publications
- *Mindful Monkey, Happy Panda*, Kerry Lee MacLean and Alderfer - Wisdom Publications
- *Moody Cow Meditates*, Kerry Lee MacLean - Wisdom Publications
- *Peaceful Piggy Meditation*, Kerry Lee MacLean - Albert Whitman Prairie Books
- *The Hermit and the Well*, Thich Nhat Hanh - Parallax Press
- *Ziji the Puppy who Learned to Meditate*, Yongey Mingyur Rinpoche and Torey Hayden - Wisdom Publications
- *Sit With Me: Buddhist Meditation for Kids*, Carolyn Kanjuro - Bala Kids

