

# Early Childhood Yoga and Mindfulness Resources

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## Online Resources

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At BALANCE4Kids, we are sensitive to the amount of screen time our children consume, yet we are also sensitive to the fact that not every adult is always comfortable sharing yoga with children. This is why we have created a list of online resources to help. You will find links to books read online in our Book Resource section!

[Mariam Gates, \*Goodnight Yoga\* \(presented by Sounds True\)](#)

[Mariam Gates, \*Good Morning Yoga\* \(presented by Sounds True\)](#)

[Kira Willey/ \*Mindful Moments for Kids\*](#)

[Susan Verde reads \*I Am Peace\*](#)

[Susan Verde reads and discusses mindfulness & \*I Am Yoga\* on Storymakers](#)

[Susan Verde & Emily Arrow on Storymakers presenting \*I Am Yoga\*](#)

[Yoga for Kids/Play in the Park/Yoga with Adriene](#)

[Yoga for the Classroom/Yoga with Adriene \(she has her dog with her for this one!\)](#)

[Unicorn Yoga for Kids \(beginners\)](#)

[Yoga for Kids, Volume 1 Tadasana \(cartoon, really fun\)](#)

[Yoga for Kids, Volume 2 Seated Postures](#)

[Sun Salutations & Yoga with Animals](#)

[Rachel's Day in the Garden - A Kids Yoga Stories Audio Yoga Book for Kids](#)

[The Grateful Giraffe - A Kids Yoga Stories Audio Feelings Yoga Book for Kids](#)

[Sophia's Jungle Adventure - A Kids Yoga Stories Audio Yoga Book for Kids](#)

[Cosmic Kids Yoga](#)

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# Yoga Books for Kids Resources

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[Breath Like a Bear](#), By Kira Willey

[Dinosaur Yoga](#), By Mariam Gates and Matthew Rivera

[Frog Yoga](#), By Nora Carpenter

[Good Morning Yoga](#), By Mariam Gates

[Goodnight Yoga](#), By Mariam Gates

[Hello Sun](#), By Sara Jane Hinder

[I am Peace](#), By Susan Verde

[Llama Yoga](#), By Pat-A-Cake

[Meddy Teddy](#), By Apple Jordan

[Yoga Bunny](#), By Brian Russo

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# Fun Tools for Yoga and Mindfulness Resources

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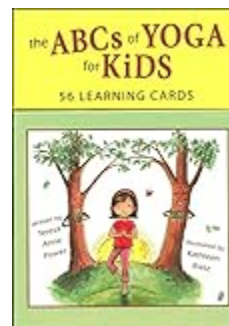
[Hoberman Sphere](#)



[Parachute](#)



[Meddy Teddy](#)



[Yoga Cards](#)



[Coloring Changing Lights](#)



[Chime](#)

We like these because they are vibrant, but they do cost a bit more!



[Lavender Hand Sanitizer for head massages!](#)