



## Getting Started with Mindfulness and Meditation

### Brief Practices

- Try the practices for available through our **Mindfulness Toolkit** here: [www.zerotothree.org/mindfulness-toolkit](http://www.zerotothree.org/mindfulness-toolkit)
- Try quick, in-the-moment practices, when you recognize stress:



- Two Feet and a Breath
  - Pause before entering a room.
  - Feel both feet standing on the ground.
  - Take one full breath paying attention to the inhale and exhale.
  - Continue into the room.
- 5-4-3-2-1
  - Notice five things that you can see. Look around you, notice and name five things that you can see.
  - Notice four things that you can feel. Tune in to your sense of touch, notice and describe the texture of four things you can touch.
  - Notice three things you can hear. Listen carefully, notice and name three sounds you hear in your environment.
  - Notice two things you can smell. Notice and name two smells you recognize.

- Notice one thing you can taste. Focus and name one thing that you can taste right now. You can take a sip or bite of something, or just notice the current taste in your mouth.

One of the most beneficial actions according to research is establishing a regular, formal meditation practice. Here are some resources that can help:

## Guides

- [¿Qué es mindfulness? Meditación guiada](#)
- [How to Meditate: A Black Women's Guide on How to Reduce Stress](#)
- **Mindful.org - How to Meditate**  
<https://www.mindful.org/how-to-meditate/>
- **New York Times Guide on How to Meditate -**  
<https://www.nytimes.com/guides/well/how-to-meditate>

## Apps

- **Calm** (free trial period; cost) an app that offers meditation, gentle movement and stretching and even sleep stories all with an aim to calm the mind and body: <https://www.calm.com/>
- **Headspace** (free trial period; cost) a meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day. <https://www.headspace.com/>
- **Insight Timer** (free w/in app purchase options), one of the most popular free meditation apps, features more than 4,000 guided meditations and a timer you can set with intermittent bells or ambient noise: <https://insighttimer.com/>
- **Liberate** (free trial period; cost) Liberate is a subscription-based meditation app that includes practices and talks designed for the BIPOC community. The app is designed to support BIPOC people on their path to healing by naming and offering resources for common cultural experiences, like internalized racism and micro-aggressions. <https://liberatemeditation.com/>
- **Stop, Breathe & Think** (free w/in app purchase options), features nearly 30 free sessions in different lengths; has a meditation timer & progress page to track your practice and mood, ideal if you are looking for more structure/motivation to jumpstart a meditation habit: <http://stopbreathethink.org/>
- **10% Happier** (free w/in app purchase options). Designed to be accessible to everyone – even the doubtful. Focus is on simple and practical exercises backed by science. Includes guided meditations, videos, talks, and sleep content to help you build (or boost) your meditation practice, and stick with it. <https://www.tenpercent.com/>

- Guided Meditation Recordings:
  - [Black Lives Matter Meditations](#)
  - [Center for Child and Family Well-Being- UW \(English and Spanish\)](#)
  - [Mindful.org](#)
  - [Monterey Bay Aquarium \(Visual\)](#)
  - [UCLA Mindful Awareness Research Center \(English and Spanish\)](#)
  - [UCSD Center for Mindfulness](#)

## Other Web-based Resources

- ZERO TO THREE's Mindfulness Resources - [www.zerotothree.org/mindfulness](http://www.zerotothree.org/mindfulness)
- Center for Healthy Minds - <https://centerhealthyminds.org/>
- Greater Good in Action – Science Based Practices for a Meaningful Life: <https://ggia.berkeley.edu/>
- [Holistic Life Foundation](#)
- Self-Compassion Information - <http://self-compassion.org/>

## Books

For adults:

### Dan Harris

- *Meditation for Fidgety Skeptics* (2017).

### Rhonda Magee

- *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness* (2019)

### Kristin Neff

- *Self-Compassion: The Proven Power of Being Kind to Yourself* (2011)

**Julie Nicholson, Priya Shimpi Driscoll, Julie Kurtz, Domenica Marquez, LaWanda Wesley**

- *Culturally Responsive Self-Care Practices for Early Childhood Educators 1st Edition (2020)*

**Sharon Salzberg**

- *Real Happiness: The Power of Meditation: A 28-Day Program (2011).*

**Dr. David Treleaven, PhD**

- *Trauma-Sensitive Mindfulness Practices for Safe and Transformative Healing*

**Activities and Books for Children:**

**Gabi Garcia (English and Spanish)**

- *Find Your Calm*
- *Listening to my Body*

**Sarah Jane Hinder**

- *Yoga Bug: Simple Poses for Little Ones (Yoga Bug Board Book Series)*

**Eline Snel (English and Spanish)**

- *Sitting Still Like a Frog: Mindfulness Exercises for Kids*

**Whitney Stewart, Illustrated by Mina Braun (English and Spanish)**

- *Mindful Kids*
  - *Includes 50 cards with various activities to do with children ages 4 and up.*

**Kira Willey (English and Spanish)**

- *Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused*

**Indigenous Activity Cards**

- <https://healthystartkids.ca/tool/indigenous-activity-cards-2/>

**Susan Kaiser Greenland and Annaka Harris**

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

**Podcasts**

- *10% Happier*
- *Mindfulness+*
- *The Science of Happiness*