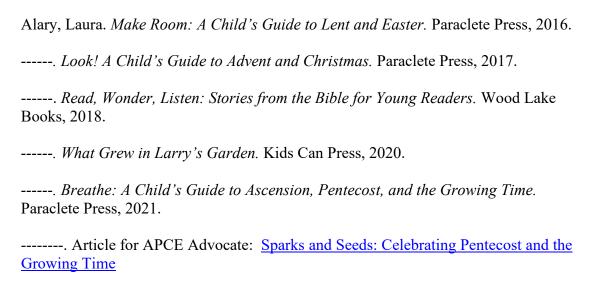
Breathe: A Child's Guide to Ascension, Pentecost, and the Growing Time A Webinar With Laura Alary Resource List

Laura's Books



Faith Formation and Spiritual Practices

Barrie, Wendy Claire. Faith at Home. A Handbook for Cautiously Christian Parents. Morehouse Publishing, 2016.

[Wendy also has a blog called *Faith at Home* which includes articles on Pentecost and other seasonal celebrations at home. Her blog also contains many helpful links to other formation resources. You can find her online at www.wendyclairebarrie.com]

Dress, Amelia Richardson. *The Hopeful Family: Raising Resilient Children in Uncertain Times.* Morehouse Publishing, 2021.

Paintner, Christine Valters. Water, Wind, Earth, and Fire: The Christian Practice of Praying With the Elements. Ave Maria Press, 2010.

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Smith, Traci. *Prayers for Faithful Families: Everyday Prayers for Everyday Life.* Beaming Books, 2020.

Practising Mindfulness with Children

Chissick, Michael and Sarah Peacock. Frog's Breathtaking Speech: How Children (and Frogs) Can Use Yoga Breathing to Deal With Anxiety, Anger, and Tension. Singing Dragon, 2012.

Coombs, Kate and Anna Emilia Laitinen. *Breathe and Be: A Book of Mindfulness Poems*. Sounds True, 2017.

Greenland, Susan Kaiser. *Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families.* Shambhala, 2016.

Snel, Elin. Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their parents). Shambhala, 2013.

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Thich Nhat Hahn and the Plum Village Community. *Planting Seeds: Practicing Mindfulness With Children*. Parallax Press, 2007.

Willard, Christopher. Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed. Parallax Press, 2006.

Willey, Kira and Anni Betts. *Breathe Like a Bear*. Rodale Kids, 2017.

Picture Books Referred to in the Webinar

Ruurs, Margriet and Nizar Ali Badr. *Stepping Stones: A Refugee Family's Journey*. Orca Books, 2016.

Sosin, Deborah and Sarah Woolley. *Charlotte and the Quiet Place*. Plum Blossom Books, 2015.

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