

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

Laura's Books

Alary, Laura. *Make Room: A Child's Guide to Lent and Easter*. Paraclete Press, 2016.

----- *Look! A Child's Guide to Advent and Christmas*. Paraclete Press, 2017.

----- *Read, Wonder, Listen: Stories from the Bible for Young Readers*. Wood Lake Books, 2018.

----- *What Grew in Larry's Garden*. Kids Can Press, 2020.

----- *Breathe: A Child's Guide to Ascension, Pentecost, and the Growing Time*. Paraclete Press, 2021.

----- Article for APCE Advocate: [Sparks and Seeds: Celebrating Pentecost and the Growing Time](#)

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.

----- *Breath Prayer: An Ancient Practice for the Everyday Sacred*. Broadleaf Books, 2021.

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.

----- *Breathe Through This: Mindfulness for Parents of Teenagers*. Shambhala, 2015.

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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