



The Mindfulness Matters Program for Children and Adolescents

Strategies, Activities, and Techniques for Therapists and Teachers

Randye J. Semple, PhD and **Christopher Willard, PsyD**

Foreword by **Lisa Miller, PhD**

“Clinicians and teachers are on the lookout for time-tested approaches to introducing mindful awareness practices to children and teens. Drawing on their many years of experience, Semple and Willard address this critical need magnificently. This is the first book to provide a research-based, developmentally appropriate mindfulness program to support recovery, build resilience, and cultivate flourishing in a range of clinical and educational settings.”

— **Patricia A. Jennings, PhD**

This indispensable resource provides a flexible framework and a wealth of engaging tools for teaching mindfulness to children and adolescents with varying needs in school or clinical settings. Numerous kid-friendly mindfulness practices are presented, complete with step-by-step instructions, sample scripts, suggested variations, and discussion questions. The benefits of mindfulness for enhancing children's social-emotional competencies are clearly explained. Clinicians and teachers are guided to select and sequence activities for groups struggling with specific challenges: stress and anxiety, depression, attention problems, behavioral and emotion regulation issues, and trauma. **In a convenient large-size format, the book includes 14 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.**

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