


Mindfulness in Education Resources in French


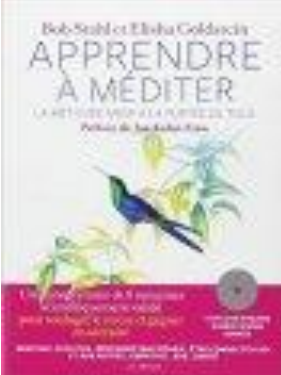

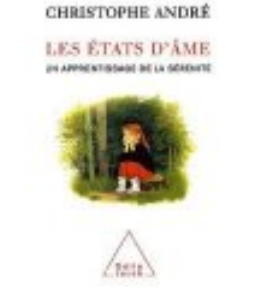
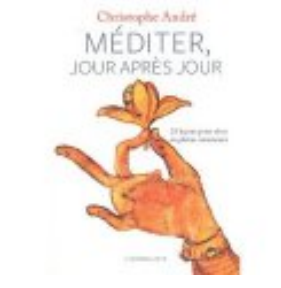

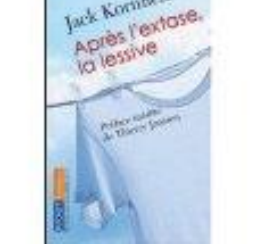
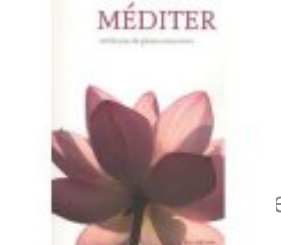
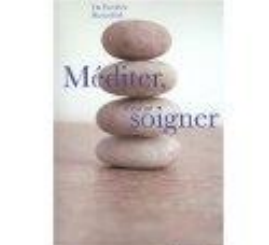


MINDFULNESS
EVERYDAY®


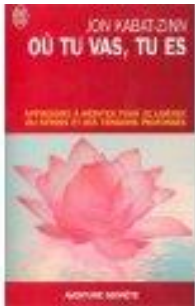
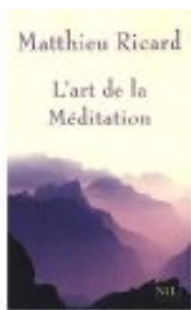
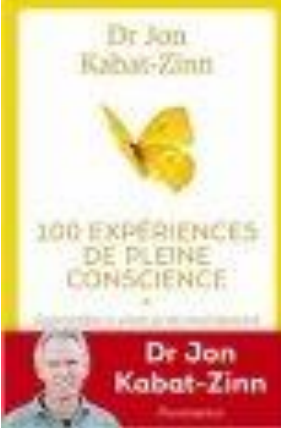


Mindfulness Books in French for Children and Teens

Mindfulness	= Pleine conscience
	<p>Journal pour gérer mon stress (French Edition) By Gina M. Biegel</p> <p>This book contains 37 practical exercises, all designed to integrate relaxation, visualization and meditation, to the particular lifestyle of adolescents. Identifying the most frequent sources of stress, reducing their impact and encouraging a return to oneself is the goal of this fun and easy-to-read book.</p>
	<p>CALME ET ATTENTIF COMME UNE GRENOUILLE By ÉLINE SNEL</p> <p>Today's children are often agitated, scattered, stressed. How to help them calm down? How to teach them to focus? Meditation is a simple and effective tool. It adapts perfectly to the needs of the little ones and gives them immediate benefits. This original and charming book offers brief exercises for every day. It is intended for children from 5 to 12 years old and their parents.</p>
	<p>Méditer pour mieux grandir By Christopher WILLARD</p> <p>75 meditation exercises for children that parents, teachers or educators can practice. A wide range of situations is proposed such as: harnessing the power of imagination, play and creativity, learning to reduce stress or coping with grief.</p>
	<p>THREE MINUTES A MEDITER By CHRISTOPHE ANDRÉ</p> <p>Coming from the France Culture program Three minutes to meditate, this book proposes 40 exercises to become aware of our inner state, to listen to the rumor of the world or to contemplate nature. Truly a treat to enter into friendship with oneself and with the world, it invites us to a fascinating training of the spirit. If you are a beginner, these exercises, presented by one of the pioneers of secular meditation in France, will give you the taste to go further. If you are already meditating, they can be a way to refresh your practice and make it live every day.</p>

Books in French proposed by the Association for the Development of Mindfulness

	<p><u>Change Yourself, change the world</u> Christophe André, Jon Kabat-Zinn, Pierre Rabhi, Matthieu Ricard</p>		<p><u>Learn to meditate, MBSR Method for Everyone</u> Bob Stahl, Elisha Goldstein</p>		<p><u>Connect yourself</u> By Chade-Meng Tan</p>
	<p><u>The states of mind: learning serenity</u> Christophe André</p>		<p><u>Meditate every day - 25 lessons for living mindfully</u> Christophe André</p>		<p><u>Eating mindfully</u> Dr. Jan Chozen Bays_</p>
	<p><u>After the ecstasy, the laundry</u> Jack Kornfield</p>		<p><u>Meditate - 108 lessons Mindfulness</u> Jon Kabat-Zinn</p>		<p><u>Meditate is to heal</u> Frédéric Rosenfeld</p>

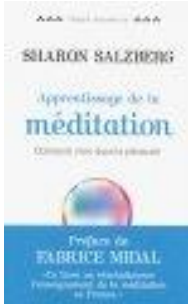



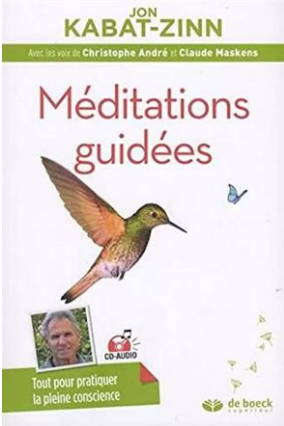
Books in French proposed by the Association for the Development of Mindfulness - 2

	<p><u>Mindfulness: Tame stress through mindfulness</u> Edel Maex</p>		<p><u>Wherever you go, there you are: Learn to meditate to free yourself from stress and deep tensions</u> Jon Kabat-Zinn</p>		<p><u>The art of meditation</u> Mathieu Ricard</p>
	<p><u>100 Experiences in Mindfulness: Learning to live here and now</u> Jon Kabat-Zinn</p>		<p><u>Full Catastrophe Living: Mindfulness - MBSR, stress reduction based on the mindfulness: full program in eight weeks</u> Jon Kabat-Zinn</p>		<p><u>Parenting mindfully</u> Jon and Myla Kabat-Zinn</p>

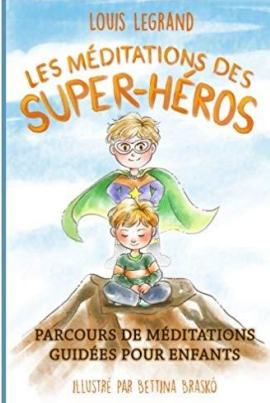


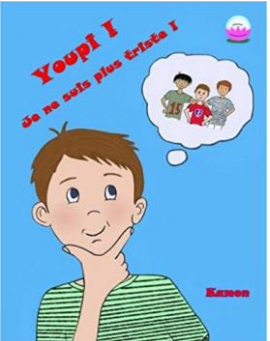
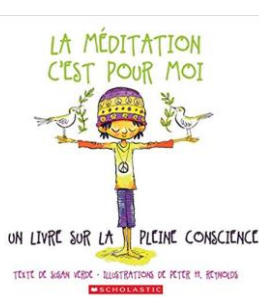
Books in French proposed by the Association for the Development of Mindfulness - 3

	<p><u>Reclaiming the present moment ... and Your Life</u> Jon Kabat-Zinn</p>		<p><u>The mind is its own physician</u> Jon Kabat-Zinn, Richard Davidson</p>		<p><u>Meditate for Less Stress: Find serenity, a method to feel good</u> Mark Williams and Danny Penman</p>
	<p><u>Mindfulness: Healing the body and mind by the awakening of all the senses</u> The Fhemi and Jim Robbins</p>		<p><u>Mindfulness, your ally facing cancer</u> Linda Carlson, Michael Speca</p>		<p><u>The Mindful Way Through Depression</u> by Mark Williams, John Teasdale, Zindel Segal</p>

Books in French proposed by the Association for the Development of Mindfulness - 4

	<p><u>Learning meditation</u> Sharon Salzberg</p>		<p><u>Mindfulness: Healing the Body and the Mind by Awakening All the Senses</u> by Fehmi , Jim Robbins , et al.</p>		<p><u>The Miracle of Mindfulness</u> Thich Nhat Hanh</p>
	<p><u>ÉVEIL DES SENS</u> by JON KABAT-ZINN</p>		<p><u>Méditations guidées livre + audio CD</u> (French Edition) (French) by Jon Kabat-Zinn</p>		

Books in French proposed by the Association for the Development of Mindfulness - 5

	<p><u>Les méditations des super-héros: Parcours de méditations guidées pour enfants</u> by Louis Legrand and Bettina Brasko</p>		<p><u>Mon Moment Relax - enfants: Méditations et outils ludiques pour enfants pour faire germer nos graines de bonheur</u> by Lili White</p>		<p><u>QUAND JE BOUGE, JE MÉDITE. DIX MOUVEMENTS DE PLEINE CONSCIENCE</u> by NHAT HANH THICH & NICOLE BORDELEAU</p>
	<p><u>Youpi ! Je ne suis plus triste !: La gratitude aide à gérer les moments difficiles.</u> by Kamon</p>		<p><u>La méditation c'est pour moi: Un livre sur la pleine conscience</u> by Susan Verde (Author), Peter H Reynolds (Illustrator)</p>		



Méditer avec Petit BamBou APP

<https://www.petitbambou.com/>

Méditer avec Petit BamBou : Méditation guidée de pleine conscience en Français By FeelVeryBien

Meditate with small bamboo: Guided Mindfulness meditation in French By FeelVeryBien

Méditer n'a jamais été aussi simple ! Des programmes de méditations guidées de pleine conscience qui permettent de découvrir ou d'être accompagné dans son parcours de méditant débutant ou confirmé.

S'adressant à ceux qui ont envie de prendre du temps pour eux, qui sont sensibles et ouverts aux questions de bien-être, ce service est centré sur la pratique. Il propose des exercices méditatifs variés qui s'appuient sur une méthode pratique, simple et efficace (mindfulness / pleine conscience, psychologie positive).

Nous vous apprenons comment entrainer votre esprit et cultiver un état de calme, sérénité, lucidité et paix intérieure.

Venez essayer la méditation ! 10 minutes par jour suffisent pour sentir les premiers bienfaits.

Version électronique: Guide Leçons sur le stress 7-9 Français

Leçons sur le stress D'un état de stress à un état détendu

Programme pour les élèves du premier cycle du secondaire (ados de 12 à 14 ans)



Version électronique: Guide Leçons sur le stress 7-9 Français

Votre prix: **25.00**

<https://psychologyfoundation.org/ItemDetail?iProductID=63710671-9271-4ceb-bfaf-2e79583019f8&Class=7985ff09-887a-4620-81b5-cc644b4d4db3&WebsiteKey=2f7cc767-6f5e-4bac-8ccc-1c08962e5b05>

2 St. Clair Avenue East, suite 800
Toronto (Ontario) M4T 2T5
Tél. : 416.644.4944
Télééc. : 416.513.0348
www.fondationpsychologie.org



LA FONDATION
DE PSYCHOLOGIE
DU CANADA
THE PSYCHOLOGY
FOUNDATION
OF CANADA

Version électronique: Guide Leçons sur le stress 9-12 Français

Leçons sur le stress : Outils de résilience
Une ressource pour les élèves du 2^e cycle du secondaire



www.fondationpsychologie.org

Nouvelle ressource! Leçons sur le stress : Outils de résilience – Une ressource canadienne pour les élèves du 2^e cycle du secondaire
L'achat est limité à un utilisateur (\$25)

<https://psychologyfoundation.org/ItemDetail?iProductID=afe621f4-ccae-42c5-b45e-16070e41a744&Class=7985ff09-887a-4620-81b5-cc644b4d4db3&WebsiteKey=2f7cc767-6f5e-4bac-8ccc-1c08962e5b05>

LA SANTÉ MENTALE ET L'ÉCOLE SECONDAIRE

LA SANTÉ MENTALE ET L'ÉCOLE SECONDAIRE GUIDE DE PROGRAMME

COMPRENDRE LA SANTÉ MENTALE ET LA MALADIE MENTALE

VERSION 3



<http://teenmentalhealth.org/wp-content/uploads/2018/06/FINAL-French-Guide-2018-Full-Online-Version.pdf>