

Sitting Still Like A Frog: Mindfulness Exercises For Kids (and Their Parents)

Explores the practical art and science of mindfulness as it relates to the traditions of Buddhism with a helpful guide to improving a mindful stance and an awareness of life experiences in any situation or circumstance.

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers. As our story begins, Monkey is not so mindful – his Monkey Mind constantly jumping from one thing to another – but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go. In Mindfulness-Based Art: The SPARKS Guide for Educators and Counselors, art therapist Margaret Jones Callahan offers step-by-step instructions on bringing Mindfulness into the art studio, counselor's office, or classroom. Here, you discover the basic principles of Mindfulness and find lesson plans for seven art projects, with guidelines for creating a safe class culture and scripts for teaching Mindfulness. Through drawing, painting, expressive calligraphy, clay sculpture, photography, and more, students learn to be in the present moment, quiet their inner critics, and express themselves authentically. Whether you're a teacher, an art therapist, a coach, a counselor, or simply someone who wants to use art for personal growth and spiritual development, SPARKS shows you how student-artists of any age can increase their confidence and learn to trust their expressive minds. "It's interesting to do my art this way. I feel real and I like what I've done." – Grade 11 student Expressive Art project "The mindfulness really makes me slow down and be really thorough with how I see." – Grade 10 student mindful drawing "These are my dark thoughts. I can see them here. I'm going to cover this part and do something new over here." – Grade 12 Student Luggage project "The art room is the only place in the school where I really relax. I can be myself here and say what I want to say." – Grade 12 photography student "She shows us how to do it and then helps us do it our way. I don't get in trouble for not doing it her way." – Grade 8 student coping with learning challenges speaking about her art teacher <http://www.mindfulnessbasedart.com> The laughter never ends with Oi Frog and Friends! The absurdly funny sequel to the bestselling Oi Frog, this hilarious rhyming story will have children rolling around with laughter! *Winner of the Laugh Out Loud Picture Book Award* *Shortlisted for the Sainsbury's Book Award* Cat is a stickler for rules: cats sit on mats, hares sit on chairs and, however irritating, dogs must sit on frogs. That's until Frog decides to change the status quo ... But will Cat want to sit on gnats instead of cushy mats? Will spiders like sitting on gliders? Will whales like sitting on nails? And, most importantly, where is FROG going to sit? "This is a gigglingly delightful book, a perfect match of words and pictures to entertain again and again." Daily Mail Can't get enough? Look out for: Oi Frog, Oi Cat, Oi Duck-billed Platypus, Oi Puppies Oi Frog and Friends is a top ten bestselling series. Loved by children and parents, the books have won numerous awards, including the Laugh Out Loud Picture Book Award, and been shortlisted for many more!

A Handful of Quiet

Sitting Still Like a Frog

52 Meditations for Children, Ages 5+

Puppy Mind

Mindfulness for Children

Mindful Games

Sharing Mindfulness and Meditation with Children, Teens, and Families

While drawing in class to avoid listening to a story from his painfully boring teacher at Stagwood School, 12-year old Cal sees a frog staring at him through the window. Odder than that is the fact that this frog happens to be wearing glasses. Cal and his best friend, the tactless but loyal Soy, learn that the frog (who prefers the name Deli) has sought them out for a reason. When a school administrator named Ream reveals himself to be a dragon, the boys discover that fairytales are real, and that there is magic afoot in Stagwood. With Ream on their tail, the trio must unearth a powerful tool protected by riddles and rife (the magic that fuels nightmares) to save the fate of all

fairytale past. Their only means of conveyance, Cal's now-flying bed, takes them on a journey beyond the home of the fairies (a cloud floating somewhere over Iceland) to set things right. But, before Cal can defeat Ream and his kidnapped army of fairies, he has to deal with Soy's knack for arguing with magical creatures, discover the truth about Deli's identity, and earn his place as the hero of the story. The Guardians of Lore is a middle grade novel that centers around two life-long friends, infusing humor and fantasy-based riddles into a modern fairytale. This is an exceptionally written intriguing piece of work that enthralls and imbues curiosity in young readers to discover the unknown with a spirit of adventure. Ideally, this is a book for children who enjoy folklore, mythical creatures and fairy tales.

Sitting Still Like a Frog Mindfulness Exercises for Kids (and Their Parents) Shambhala Publications

An expert in child, family and school psychology and the founder of Mindful Life presents a revolutionary approach to parenting that, rooted in the science of the brain and integrating cognitive neuroscience and child development, helps children feel happier, healthier, less anxious and less stressed. Original.

Via rhythms and imagery, guides a child toward self-awareness and mindfulness, tools which may help him or her calm down and feel better when out-of-sorts.

The stories that shape our children's lives are too important to be left to chance. With The Story Cure, bibliotherapists Ella Berthoud and Susan Elderkin have put together the perfect manual for grown-ups who want to initiate young readers into one of life's greatest pleasures. There's a remedy for every hiccup and heartache, whether it's between the covers of a picture book, a pop-up book, or a YA novel. You'll find old favourites like The Borrowers and The Secret Garden alongside modern soon-to-be classics by Michael Morpurgo, Malorie Blackman and Frank Cottrell-Boyce, as well as helpful lists of the right reads to fuel any obsession - from dogs or dinosaurs, space or spies. Wise and witty, The Story Cure will help any small person you know through the trials and tribulations of growing up, and help you fill their bookshelves with adventure, insight and a lifetime of fun.

The Story Cure

Mindful Kids

Yoga Pretzels

Anytime Yoga

50 Fun Yoga Activities for Kids and Grownups

Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed

Breathing Makes It Better

Introduces meditation and relaxation by presenting such imaginary situations as riding a unicorn, climbing a mountain, or being a king, with each exercise ending with an affirmation; and provides instructions to caregivers.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how to introduce your children to meditation to improve their quality of life - and yours. You will also discover : that your children have as much to worry about as you do; how mindfulness calms your child's restlessness; that having more alert senses improves memory; why distancing yourself from your child's thoughts leads to more positive self-esteem; that being a good parent doesn't mean never feeling angry or tired; what simple and fun exercises you can offer your children right now; how to concretely implement the meditation habit in the family's schedule. You certainly know the benefits of meditation, whether you have experienced it yourself or not.

Mindfulness is a great tool to calm your mind, to be more attentive to the world around you and to others. Moreover, it allows you to live fully in the present moment. In this respect, it is obviously a fantastic asset for your child as an adult in the making. What are the benefits of meditation for your child and how can you initiate him or her into it? *Buy now the summary of this book for the modest price of a cup of coffee!

75 fun mindfulness games and activities to teach children ages 4-8 to calm themselves down, focus, be attentive to people around them, and to feel more peaceful from the bestselling author of Sitting Still Like a Frog and The Little Frog Awakes (for ages 18 months to 4 years). Mindfulness is one of the most effective practices to teach kids to calm themselves in stressful moments, increase focus and attention, ease anxiety, and promote a sense of empathy toward others. Eline Snel's Sitting Still Like a Frog has helped thousands of children around the world to become more relaxed and attentive, more aware of their bodies and emotions, and more open toward others. This book is packed with entertaining and useful activities that children ages 4 – 8 can do alone or with a parent, including:

- Fun yoga exercises
- Hands-on activities and projects
- Meditation stories
- Cut-out posters and cards
- Colorful stickers
- Mindful games

An adorable activity book to help kids (ages 3-7) learn about anger, anxiety, and stress and how to deal with these challenging emotions. Bailey the Bear can get ever-so angry. Katie the Kangaroo often finds it hard to concentrate. And Ricky the Rabbit's mind is always busy! Every child can relate to these experiences of losing emotional control. Follow Bailey, Katie, and Ricky as they learn to understand their feelings and gain the resources to express themselves through mindful play. Bright and cheerful illustrations present a variety of mazes, puzzles, collages, and coloring activities to uncover ways for kids to process their anger, anxiety, and stress. By following the

critters' narratives--and playing the fun games sprinkled throughout--your child will learn how they can calm their anger, concentrate, and relax--healthier and happier alternatives to letting big feelings get the best of them. Answer keys for all the puzzles and activities are included at the end of each section of the book.

A playful and easy way to teach yoga.

Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World

SUMMARY - Sitting Still Like A Frog: Mindfulness Exercises For Kids (And Their Parents) By Eline Snel

Oi Frog!

Help Your Child to be Calm and Content, from Breakfast till Bedtime

Everything Is Connected

Happiness in Four Pebbles

150+ Mindfulness Activities for Happier, Healthier, Stress-Free Kids

The laughter never ends with Oi Frog and Friends! Jam-packed with the silliest of animals, this bestselling rhyming story will have the youngest of readers in fits of laughter. Over 1 million copies sold! Cats sit on mats, hares sit on chairs, mules sit on stools and gophers sit on sofas. But Frog does not want to sit on a log. Jam-packed with animals and silliness, this original rhyming story is guaranteed to get children giggling! 'An absolute treat.' Daily Mail 'Hilarious.' Guardian 'The most outstanding children's book.' Jo Wiley, BBC Radio 2 Can't get enough? Look out for: Oi Dog, Oi Cat, Oi Duck-billed Platypus, Oi Puppies Oi Frog and Friends is a top ten bestselling series. Loved by children and parents, the books have won numerous awards, including the Laugh Out Loud Picture Book Award, and been shortlisted for many more!

A practical and playful guide for cultivating mindfulness in kids, with 50 simple games to develop attention and focus, and identify and regulate emotions Playing games is a great way for kids to improve their focus and become more mindful. In this book, The Mindful Child author Susan Kaiser Greenland shares how parents, caregivers, and teachers can bring mindfulness into the classroom or home. She provides 50 entertaining games that develop what she calls the new "A, B, C's"—Attention, Balance, and Compassion—for your child's learning, happiness, and success, offering context and guidance throughout. She introduces:

- Anchor games that develop concentration
- Visualization games that encourage kindness and focus
- Analytical games that cultivate clear thinking
- Awareness games for sensory awareness, self-regulating emotions, and gaining insight into ourselves, others, and relationships

Even though the games are designed for kids, they can be just as fun and transformative for adults. Greenland encourages parents and caregivers to develop their own Attention, Balance, and Compassion and to explore the universal concepts that she presents. Our own mindfulness has a powerful effect on everyone in our lives—especially our children.

The techniques of mindful awareness have helped millions of adults reduce stress in their lives. Now, children—who are under more pressure than ever before—can learn to protect themselves with these well-established methods adapted for their ages. Based on a program affiliated with UCLA, The Mindful Child is a groundbreaking book, the first to show parents how to teach these transformative practices to their children. Mindful awareness works by enabling you to pay closer attention to what is happening within you—your thoughts, feelings, and emotions—so you can better understand what is happening to you. The Mindful Child extends the vast benefits of mindfulness training to children from four to eighteen years old with age-appropriate exercises, songs, games, and fables that Susan Kaiser Greenland has developed over more than a decade of teaching mindful awareness to kids. These fun and friendly techniques build kids' inner and outer awareness and attention, which positively affects their academic performance as well as their social and emotional skills, such as making friends, being compassionate and kind to others, and playing sports, while also providing tools to manage stress and to overcome specific challenges like insomnia, overeating, ADHD, hyper-perfectionism, anxiety, and chronic pain. When children take a few moments before responding to stressful situations, they allow their own healthy inner compasses to click in and guide them to become more thoughtful, resilient, and empathetic. The step-by-step process of mental training presented in The Mindful Child provides tools from which all children—and all families—will benefit.

The first book in Chris Colfer's #1 New York Times bestselling series The Land of Stories about two siblings who fall into a fairy-tale world! Alex and Conner Bailey's world is about to change forever, in this fast-paced adventure that uniquely combines our modern day world with the enchanting realm of classic fairy tales. The Land of Stories tells the tale of twins Alex and Conner. Through the mysterious powers of a cherished book of stories, they leave their world behind and find themselves in a foreign land full of wonder and magic where they come face-to-face with fairy tale characters they grew up reading about. But after a series of encounters with witches, wolves, goblins, and trolls alike, getting back home is going to be harder than they thought.

Awarded the 2016 Nautilus Gold Medal for Parenting and Family! Spirit Rock founder, author, and teacher James Baraz's Awakening Joy offers his large and devoted readership a program to gain contentment and happiness by cultivating the seeds of joy within. Here he joins with Michele Lilyanna, a classroom teacher for 25 years, to offer caregivers and children ways to find joy in each day together. This unique offering nourishes both adults and kids. James shares the practices for the adults—parents, caregivers, and teachers. Michele offers her own experiences as a parent and as a teacher, showing how the themes work with kids, followed by the tried and true lessons that she's used herself in the classroom and at home. Packed with practices and activities that James and Michele have gathered over their many years of working with thousands of adults and children in retreats, workshops, and the classroom, Awakening Joy for Kids is imbued with compassion and delight. Part of Parallax Press' growing curriculum for parents and educators designed to cultivate joy and mindfulness in children.

Ten Exercises for Well-Being

The Mindful Kids Activity Book

50 Activities for Calm, Focus and Peace

75 Mindfulness Games for Kids

Planting Seeds

A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

The SPARKS Guide for Educators and Counselors

A magical meditation on the powerful idea that we are connected to everything and everyone. Playful illustrations and funny, rhyming text show readers all of the many ways we are linked to every big, small, hairy, slimy, snuggly, scaly, floppy, flappy, bristly, buzzy, beautiful creature on Earth. “One of Bala Kids’s inaugural releases, this waggish picture book takes its title to heart, emphasizing readers’ connection to an eclectic roundup of people, objects, and phenomena.”—Publishers Weekly “Jason Gruhl invokes Dr. Seuss with some light rhyming and brings up everything that entrances children—tarantulas, slime, comets, you name it. Ignasi Font’s visually complex and incredibly funny illustrations (a blobfish that looks like Squidward?) will keep kids observing even on the hundredth read. The book is destined to become a dharma classic.”—Tricycle Everything is connected. And since you are part of everything, you are connected to everything: to pharaohs, Ben Franklin, T. Rex, ancient Greece, to love and to poverty, hunger and peace! This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions—with a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn. Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach. Continue your mindfulness practice with Eline Snel through her other mindfulness meditation titles, including *Sitting Still Like a Frog Activity Book*, which offers 75 fun mindfulness games and activities for children, and *The Little Frog Awakes*, which offers tools and advice for mindfully responding to younger children ages 18 months to 4 years.

Rhyming text describes how difficult life can be for a child with Attention deficit/Hyperactivity Disorder and how parents, teachers, and doctors can help.

In this picture book for children and adults, illustrated by Jim Durk, who is adored by thousands of children for his many Clifford the Big Red Dog and Thomas the Steam Engine books, a young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers.

Mindful Monkey, Happy Panda

Awakening Joy for Kids

The Wishing Star

A Hands-On Guide for Grown-Ups to Nourish Themselves and Raise Mindful, HappyChildren

An International Handbook

Sitting Still Like a Frog Activity Book

Child's Mind

Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children's activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings.

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, *Breathing Makes It Better* guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

The interest in teaching children meditation is growing rapidly, as a number of recent stories in the mainstream media have documented, including NPR, The New York Times, and London Telegraph. *Child's Mind* aims to teach parents and child professionals how to integrate mindfulness into their work with children, and teach children and adolescents basics of mindfulness and

meditation. Willard's intention is to help parents pass on to their children the practices of mindfulness that they have found valuable for themselves. The book can also be a resource for those who work with children, whether it is family and children coordinators at retreat centers, religious instructors from a range of traditions, or teachers, therapists, and even medical professionals. Child's Mind aims to teach children the power that comes with the comfort of just being, and the capacity to be, be aware, and be comfortable with yourself.

Over the years, Thich Nhat Hanh and his monastic community in Plum Village, have developed more and more ways to integrate mindfulness practices into every aspect of their daily life. A few years back Thich Nhat Hanh began to develop gentle exercises based on Yoga and Tai Chi movements. Initially designed as mindful stretching breaks between long periods of sitting meditation, Mindful Movements became a popular tool to complement to sitting meditation extending Thich Nhat Hanh's trademark gentle approach to Buddhist teachings into a series of physical movements. These movements enjoy a growing popularity amongst his students and have become integral part of his retreats. These simple and effective practices are meant to reduce stress and tension to help the practitioner gain the serenity he needs to return to a state of mindfulness. When done as part of a full meditation practice, these movements can address mental, emotional, and physical stress. Offered to the general public for the first time, the Mindful Movements have been lovingly illustrated by one of Thich Nhat Hanh's long-time practitioner, Wietske Vriezen. Drawn in a whimsical and immediately appealing style the booklet presents 10 routines that can be practiced by people of all ages and body types whether they are already familiar with mindfulness practices or not. The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Movements will come as a welcomed addition to their practice. With a foreword by Thich Nhat Hanh and Introduction by Jon Kabat-Zinn [TBC]

'There's never been a better time to encourage the little people to develop their natural abilities to be wise, calm and mind. This book is full of approachable yet effective ways to make mindfulness part of family life, whatever that looks like for you.' - Rohan Gunatillake, Creator of buddhify This inspirational and timely guide is about how mindfulness helps children, why it's becoming more popular and how to do it. It combines practical exercises that children can complete alongside their parents/carers with a fun and engaging commentary on the theory and science behind the practice. Uz takes you through the day, from waking, eating, learning and appreciating to sleeping, including exercises for how to cope with exams, how to deal with the screen culture and what mindfulness practises you can do in holiday time. Together, this gives the reader an enjoyable and accessible path into the practice of mindfulness for children. Many schools are not able to include mindfulness in their curricula and educators and parents alike are eager to have more guidance on how to support children. This current era of rising levels of child mental health, with the pressures in schools as well as the increasingly fast-paced, digitized and image-obsessed world is having a really negative effect. Mindfulness for Children is a positive and practical tool that will give children the skills to manage their feelings, increase their confidence and concentration levels as well as aiding their transition to secondary school. And it can help parents and caregivers, too, by promoting happiness and relieving stress.

30 Mindful Moments for Kids to Feel Calm Anytime Anywhere

A Beginner's Guide to Meditation

Calm Kids

Some Kids Just Can't Sit Still!

Fun and Easy Exercises for Concentration and Calm

Fully Present

Help Children Relax with Mindful Activities

Traditional Chinese edition of Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents), originally written in Dutch, this book "Stilzitten als een kikker Mindfulness voor kinderen (5-12 jaar) en hun ouders+ CD" teaches parents and children to work on mindfulness following the instructions on CD.

Simple yoga poses for kids ages 3-7 to practice throughout the day, for energy in the morning, focus during the day, and calm when they need a break. Join Kika and her little monkey Yazoo as they introduce 14 simple yoga poses for kids. Each pose in this book includes easy-to-follow instructions and will show kids how yoga can help them relax, develop focus, and increase their sense of well-being. Organized by 'Awake', 'Focus', 'Energy', and 'Resting' poses, you can tailor the series to help kids start moving in the mornings, increase concentration at school and before homework, or relax after a long day. Whether you have 15 minutes or an hour, the series of poses are adaptable and can be done with just one kid or in a larger classroom setting. The book also includes four guided meditations that can be read aloud to complement the yoga practices.

Moody Cow has a lot of angry thoughts after a frustrating day, but his grandfather sets up a Mind Jar with sparkles and shows him that just as the sparkles settle in the jar, Moody Cow's angry thoughts can settle through meditation.

At school, we believe education should touch the whole child. This includes the physical, emotional, spiritual, social and cognitive aspects of the child's life. We teach children quietness as a skill to reflect and recharge their inner lives. Lorraine Murray helped us on this journey.' -- Sheila Laing, Head Teacher. Stress and behavioural disorders are common in children, who are increasingly bombarded by marketing campaigns, faced with school and peer pressure, and able to sense the stress of adults around

them. Mindfulness and meditation can help children recognise and cope with these pressures, releasing bad feelings gently and giving them simple tools to deal with tension and stress throughout their lives. In this practical and inspiring book, Lorraine Murray shows parents, teachers and youth workers how to lead fun and peaceful meditation sessions with children. Lorraine explains a variety of different approaches, from meditations around daily activities for busy families, to ideas for group 'quietness' sessions in schools. She provides fun, tactile rhymes for toddlers to help them calm down before bedtime, and suggests ways to help teenagers reduce anxiety. She goes on to explain how these methods can help children with ADHD and those on the autistic spectrum, giving a range of case studies. This book is suitable for complete beginners, or those with some experience of relaxation and meditation techniques. It offers all the advice needed to lead sessions with children, whilst encouraging the reader to adapt and develop their own ways of helping children to feel calmer, happier and more peaceful.

A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own. Beautiful color illustrations by Wietske Vriezen, illustrator of Planting Seeds (ISBN-13: 978-1-935209-80-5) and Mindful Movements (978-1-888375-79-4).

The Mindful Child

Mindfulness for Kids

Practicing Mindfulness with Children

Mindful Parenting

Mindfulness Based Art

Breathe Like a Bear

Introduce your children to the practice of mindfulness so they can learn to reduce stress, regulate behavior and emotions, and develop a positive self-image along the way. Mindfulness and meditation are becoming increasingly integrated into everyday life as effective ways to improve both physical and mental health. Make sure the whole family—even the little ones—are embracing the full range of benefits with Mindfulness for Children. Start your family's mindfulness practice with these exercises for achieving peace, calm, and positivity. These simple activities will help you and your child get ready for bedtime, calm down after a stressful situation, discuss your feelings in a safe environment, and more. For example, for energetic children, try a short walk or do some easy, calming yoga poses to sharpen focus. With over 150 meditations for different situations, there's a strategy in Mindfulness for Children fit for every moment and every family.

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's over 30 years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the 2 Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included are the lyrics to the songs on the enclosed CD that summarize and reinforce the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation and children's touching the earth. Beautiful, color illustrations by Wietske Vriezen Illustrator of Mindful Movements (ISBN-13: 978-1-888375-79-4) accompany the various practices. Any adult wishing to plant seeds of peace, relaxation and awareness in children will find this book and CD helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others. Illustrated by Wietske Vriezen Illustrator of Mindful Movements (Mindful Movements - Ten Exercise for Well Being ISBN-13: 978-1-888375-79-4) Includes 1

audio CD, 6 mindfulness cards, and 3 cut-out mindfulness posters

Brings together six respected Buddhist teachers in an accessible introduction to the techniques of meditation, and includes guided meditation practice reflecting a range of Buddhist traditions, helpful teachings, and yoga poses.

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Explains why the body needs sleep, and suggests ways young readers can improve their sleeping habits, including breathing regularly, redirecting negative or worrying thoughts, and aromatherapy.

The Guardian of Lore

Resources for Teaching Mindfulness

How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

An A-Z of Books to Keep Kids Happy, Healthy and Wise

60 Playful Projects, Games, and Exercises to Make Friends with Your Feelings

The Land of Stories: The Wishing Spell

Be the Boss of Your Sleep

This master-class-in-a-book is designed to guide teachers of mindfulness-based interventions (MBI) in continuing to develop more competence while raising global standards of practice and pedagogy. Starting with the central yet elusive concept of stewardship, it then expands upon the core components of MBI pedagogy. A series of reflective essays by MBI teachers from around the world foregrounds differences and challenges in meeting participants “where they are.” Such reflections are both inspiring and thought-provoking for teachers—wherever they are. The book also provides practical guidance and tools for adjusting teaching style and content for special populations, from chronic pain patients to trauma survivors, from health care professionals to clergy, and including many others. Detailed scripts and practices, ready to adopt and adapt, offer opportunities to explore new directions in the classroom, and to continue the life-long development of the teacher. Included in the coverage: Deepening teachers’ skills of guidance of meditation practices Insights into the essential practice of inquiry and dialogue with participants New practices that allow participants to explore mindfulness together in a spoken encounter How to keep up with, review, and make clear to participants the range of scientific evidence supporting the MBIs The breadth of practical insights and hands-on strategies makes Resources for Teaching Mindfulness a unique developmental asset for a wide range of practitioners around the world. Among those who will benefit are physicians and other medical practitioners, health and clinical psychologists, marriage and family therapists, nurses, clinical social workers, physical and occupational therapists, health educators, and organizational development specialists.

Quiet Mind

Take the Time

Moody Cow Meditates

Teaching Mindfulness Skills to Kids and Teens

Mindfulness Exercises for Kids (and Their Parents)

The Science, Art, and Practice of Mindfulness

Oi Dog!