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Mindfulness for Kids I: 7 Children's Meditations & Mindfulness Practices to Help Kids Be More Focused, Calm and Relaxed: Seven Meditation Scripts with Warm-up & Follow-up Activities (Volume 1)

Dr. Nicola Kluge

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Mindfulness for Kids I: 7 Meditation Scripts & Mindfulness Exercises with Warm-up and Follow-up Activities --A Great Resource for Parents and Teachers! --Makes Lesson Planning So Much Easier: --7 Ready-Made Scripts with Warm-up and Follow-up Activities. --From 5 min. to 60 min. and anything in between, each lesson is customizable to YOUR needs! --Children learn: -Gentle Relaxation -Sound Mindfulness Practice -Loving Kindness Practice -Calm Focus -Discovering Inner Gifts -Strengthening Inner Awareness -Quick Relaxation Practice --Ideal for teachers and parents of children ages 5-12. --Mindfulness Meditation can have many benefits. Research has shown that meditating can help children: • Feel peaceful & tranquil • Fall asleep more easily • Cope with stress & anxiety • Increase focus & concentration • Improve relationships • Handle difficult emotions • Develop creativity & imagination • Learn to quiet themselves -- This book offers effective ways for children to develop healthy responses to everyday stresses at school or at home. --It is designed for children with diverse attention spans and learning styles, and can help children feel comforted in stressful or new situations. --Through mindfulness practices, children learn powerful techniques to soothe themselves or focus when needed. --When the body and mind are relaxed, the body shifts into a natural state of healing. In this state, we are able to recover more quickly from stress and strain. -- Mindfulness practice allows us to become more aware of our thoughts and feelings, and can help us respond more effectively. --Mindfulness can be learned and practiced together. It is completely natural and can be practiced anywhere at any time. --“I hope this book brings you and your child peacefulness in this often fast-paced and stressful world. Sharing the practice of mindfulness with your child is a gift that can help nourish the body, mind, and spirit for a lifetime.” ~ Dr. Nicola Kluge --Connect with us at MindfulnessForKids.net -- Mindfulness for Kids I contains the following meditation scripts: -1. Water Lily - Gentle Relaxation -2. Music to My Ears - Sound Mindfulness Practice -3. Power Shield - Loving Kindness Practice -4. Star Child - Calm Focus -5. Treasure Island - Discovering Inner Gifts -6. Magic Carpet Ride - Strengthening Inner Awareness -7. One Minute Peace - Quick Relaxation -Practice --Meditations are also available in CD or MP3-format with soothing music & peaceful narration. Tags: Mindfulness for Kids, Mindful Meditations for Kids, Mindfulness Exercises, Relaxation Stories, Meditations for Kids, Kids Meditations, Mindful Meditations,

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