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# Meditation Is an Open Sky

Mindfulness for Kids



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illustrated by Sally Rippin

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## Meditation Is an Open Sky: Mindfulness for Kids



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Mindfulness meditation for kids. Kids of any age group will learn basic exercises to help manage tension and emotions, find concentrate, and face challenges. Meditation guide with relaxation techniques. ll learn how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Stress-reduction aid They&apos; Basic, secular, and mainstream, this mindfulness book is a great tool for helping children deal with the stresses of everyday existence and improve emotional wellness.



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