

# Listening to My Body



By Gabi Garcia

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Gabi Garcia

Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need.



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Children learn what they practice!ly/gabigarciabooks. Engages kids in easy, kid-friendly mindfulness actions.(Obtainable in Spanish as Escuchando a Mi Cuerpo.Listening to My Body is a wonderful tool intended for parents, counselors and teachers! Free assets to accompany this publication can be found at http://bit.This engaging and interactive book guides children through the practice of naming their feelings and the sensations that accompany them.Assists kids build on their capacity to be careful, self-regulate, and develop emotional resilience.)



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Great way to have conversations with kids about feelings and coping skills! I am a counselor in public universities and am a mom to a 4 year old girl. I've read this reserve with children from 4-11 years outdated and every kid has been engaged and thinking about the tale. The interventions through the entire book really get the kids involved with conversation about the concepts of emotions and sensations, both if they are calm and after obtaining a small dysregulated (from jumping, wiggling and rubbing hands jointly). Excellent writing and clear for young children! this book has been great! The actives and questions have helped him learn . Highly recommend it! angry feelings shouldn't be acted out with kicking or striking). As a mom of a special needs kid, who struggles recognizing his own body's ques, this reserve has been great! The actives and queries have helped him learn and brought about great conversations for his personal development. This author takes the opportunity to include mindfulness lessons throughout the book which reinforces her teachings and prompts my toddler to interact with the story.. A book that a teacher dreams of with built-in self-reflection activities As a former educator, I would have loved to read this publication to my college students to help develop their feeling of self-consciousness of their body sensations as it pertains to emotions and feelings. I have a 6 and an 8 year old and they both appreciate it. I could see this publication being read to kids at home of all ages, to students at school by their instructor through a social-psychological lesson or by a counselor with their young client. This author hit this one out of the recreation area as evidenced by my baby wanting to read this reserve again and again. Good book for kiddos who need help figuring out how to pay attention to their bodies We've a kiddo who needs help watching his body and his physical needs. He actually enjoyed the book and seemed astonished by all of the different factors he could feeling and feel just sitting and reading it. Certainly something we'll reread often. Exercises to understand with body Helpful for 4yo learning to express big emotions. Proactive/preventative exercises really are wonderful! Helps build body and self awareness to help prevent or allow time to constructively get out big outbursts. Like this. Plenty of kids have trouble with how their sense and then what to do to stay calm. Ignorance isn't always bliss, but knowledge truly is power. Love it! Awesome book.! That it offers printables to move with the publication free online. previous with an abundance of energy. Great idea in the reserve, but so many words for him. He adores yoga, therefore the concepts are good, he cannot sit still long more than enough to listen to the whole publication. We improvised with the wording and he learned the ideas. I also believe 'prayer', 'talking to others' and 'finding a solution' should be in the 'Practice' list at the end of the reserve, but I do appreciate that there IS a practice list. What I like: good illustrations What I love: good illustrations. Great Conceptual Publication for Little Ones Bought this for my 4 yr. Can't stand: not interesting enough to keep a short attention span. If found in therapy. Best used over multiple classes. Needs to add decision making predicated on ideal and wrong, and consequences We loved the illustrations, and that the author addressed physical emotions (sensations) and 'feelings' - which are feelings - and that a single impacts the additional. That's pretty scary information for a kid just learning to behave in school or a child who may have malevolent feelings. But I would never tell a child to take action on a feeling predicated on what 'feels greatest for you' because 'you get to decide'. I loved the examples of the puzzle story and the overwhelmed tale. These are key factors and deserve even more emphasis if the target is to raise accountable productive people. And they'll learn a lot from the book.e.. Also, the publication barely touches on the concept that feelings can get out-of-control and about getting a solution. I'd always ground them in morality. Implementing when needed is a complete different ball game, lol, however the book itself was worth buying. Excellent book! An excellent

way to start out conversations about these extremely important concepts! Very hello in focusing kids on the inner life! Strongly suggested! Five Stars The book is older then expected, but highlights important things! Good book on feelings Good book on feelings and coping skills for 2nd to 4th graders. Comforting and reassuring reserve for children who worry. This might give them good strategies to try to stay calm. LOVE This is awesome!. Possible for kids to comprehend and relate to the book. Love it My kid loves it my summery for the book is that hearing to my body is not good or bad. Ichose this rating because it helps children learn about there senses. I would advise a child to first think about the situation, then choose what would become the great thing to do (decision), predicated on either finding a solution, avoiding bad effects, or by doing what is 'right' (i. Good book. I go through with my 2 and 4 year old. Nonetheless it would be a good read actually up to a decade old, or a young pre-teen. I purchased this for my grandchildren because of worries I got when I was a kid. I haven't trained with to them yet, but I browse it myself and I thought it would be very comforting for children to understand that one body noises and sensations are normal --and not at all something to secretly get worried about. I will be reading the book to my students.



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