

Teach Your Child Meditation

milkshake

70 Fun & Easy Ways
to Help Kids De-Stress
& Chill Out

sun
breath

balloon
breath



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Lisa Roberts

Teach Your Child Meditation: 70 Fun & Easy Ways to Help Kids De-Stress and Chill Out



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Help your child relax, relieve stress, and accomplish greater mindfulness with this illustrated guide to teaching kids meditation and breathing techniques—complete with 70 step-by-step exercises. Even children need to learn methods to calm and center themselves. With its hands-on exercises, Teach Your Child Meditation gives kids age range 5-12 important tools to alleviate anxiousness, cultivate mindfulness, and gain self-confidence. “which all have fun names like “Stress Busters,”—Elephant Shower” and “are organized to highlight their special benefits: pick from such categories while “ or a section with group exercises that teachers and parents alike will love. A lot more than 70 illustrated exercises—The Chill Zone,” “Funny Bunny Breath”Hocus Pocus, I Can Focus,” Whether the objective is for a child to sleep better, concentrate before a big test or game, or enjoy some much-required relaxation, this information helps anyone who enjoys and plays with children to present them to the countless benefits of meditation.



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Much better than sticking your kid before a tv or gaming This book is necessary now as part of your. I'm so content I came across this book and also have gifted it to several friends and their kids. For the wellness of their brain and soul. These publication is created for adults but with fun simple instructions for kids of all ages to learn and practice essential yoga exercises poses. Each exercise is accompanied by easy instructions and illustrations that make it basic for kids to check out along. Not only are too many kids often not physically active plenty of, they conversely need to learn how to relax and be calm if they are restless, bored or frenzied. Thank you - this book has been a huge help to get my kids. What a great book.! Thank you because of this great publication Five Stars Thanks! My kids really enjoy the exercises in this publication.! Help children manage their feelings and concentrate on their inhaling and exhaling! This book is a superb reference for parents and teachers to greatly help kids learn to concentrate on their inhaling and exhaling and get their big emotions in order. In a world that is full of strain and chaos, it really is so important to help kids learn to slow down and calm their feelings. If yoga is wonderful and inspirational and healing enough for me, then I'm going to share that beneficial practice with the youngsters in my own life. Both children and adults can reap the benefits of learning these exercises and functioning them into their daily lives.



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