

BREATHE, CHILL

A Handy Book of Games and Techniques
Introducing Breathing, Meditation
and Relaxation to Kids and Teens



By

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It has been well documented in adults that taking time out for just a little R&R or short meditation break can reduce stress and boost productivity. How do I perform it? And with the over stimulated lifestyles they lead today, it could be just what the physician purchased. Breathe, Chill- A Handy Book of Video games and Techniques Introducing Inhaling and exhaling, Meditation and Rest to Kids and Teenagers is a valuable and practical resource for those who use or have children in their lives. Some exercises offer an outlet for stress or stress, while some stealthily teach yoga breathing skills, present minute awareness and relaxation... But, sshh, don't tell them it's best for them! Like disguising broccoli in chocolate sauce, Breathe, Chill presents 70 engaging breathing, meditation and rest activities adapted for children of most ages. Organized merely into three sections – Breath Play, Breathing Methods, and Relaxation and Meditation Methods – and shown in a fun yet factual, kid-friendly vocabulary, each exercise is divided in the same basic format: What is it? Adapted from traditional meditation and yoga exercises techniques, historic wisdom is offered up in a way that is fun and accessible to all. Well, it is simply no different for kids! How does it help me? Compiled by Lisa Roberts, a authorized yoga exercise teacher (RYT), registered children's yoga instructor (RCYT), and certified children's yoga exercise therapist, Breathe Chill is definitely a compilation of basic instructional handouts the writer designed for the pediatric sufferers she works with at a significant children's hospital.



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