

Monkey's Mindfulness Adventure

Mindfulness for Kids

How a Monkey learns Mindfulness in the Jungle

Alfred J. Smith

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Monkeys Mindfulness Adventure: Mindfulness for kids, how a monkey learns mindfulness in the jungle



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With gorgeous illustrations and a rhyme that virtually rolls away the tongue, it'll be your child's, as well as your favourite. Probably the most magical mindful story for your kids. He meets: - An elephant that teaches him about breathing. Teach your children about mindfulness in this fun tale of monkey looking for mindfulness in the jungle. - A Crocodile about feeling the temp - A tiger, who teaches mindful talk - A parrot about feeling the surroundings around you - A snake who teaches about focusing on what's before you - A Fish that teaches monkey to end up being still. The whole story is written as a beautiful rhyme which literally flows off the tongue. The beautiful illustrations are a true joy to behold.



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Great idea. The drawings are gorgeous, the rhymes funny and interesting.. As a mom of a 2 year old and 4 year old—in addition to a school counselor... I was very excited about this buy.. I did and this was my impression:Benefits:super adorable idea. Monkey gets "equipment" for his toolbox to relax. My learners love this book.Downsides:awkward wordingThose really practical equipment I actually mentioned are buried in confusing vocabulary.Spelling/grammar/repeat words are distractingFairly long. Actually for a school guidance group it would take a lot of time to read through it.Vocabulary is mature, but pictures and are not—making me personally wonder which generation this would be good for?We'm bummed because We was hoping this might be my new "move to" for my family and my learners. I've bought many kids books and been disappointed by simply how dull they're to read, but this one really was as effective as my friend recommended. I learned in the past to read books to myself before reading it aloud to my crew. A great book! A great mindful adventure I wasn't sure easily would like this book. I gave two superstars because I think I can choose some of the tools and try rewording and or skipping sections. it is not.... Grammatical errors and typos The illustrations were well done however there have been several typos and grammatical errors that distracted from the reading of the book. Great book.Actually useful and practical mindfulness tools.



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