



**GROWING**

**MINDFULNESS PRACTICES FOR ALL AGES**

**MINDFUL**



**52  
Card  
Deck**

Christopher Willard and  
Growing Mindful



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Perfect for all age groups! Teaching and incorporating mindfulness into your house, classroom and therapy program is easy with the Growing Mindful card deck featuring 50 exclusive mindfulness activities to instruct awareness, how to be there in as soon as, and cultivate kindness & curiosity.



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Five Stars effective therapeutic tool Seem fine 50 actual cards, 2 define mindfulness + acknowledgements, and 6 blank cards. I have already been incorporating mindfulness into my work as a high school social worker within an urban setting. Initially, students are hesitant to try the activities, but if I can convince them to put aside their self awareness or doubt, they invariably feel more calm and relaxed afterwards! Could have like photos on the back of the cards and no . I will be using these cards frequently. That is why I bought the deck Great ideas for short mindfulness practice This product is ideal for what it is (a quick and easy way to get in some mindfulness practice) but I'd advise at least a simple knowledge of mindfulness to have the most out of it. I also ensure that you DO the activity together with the students. I really do a little bit of intro about what mindfulness is definitely (observing the present second with kindness and curiosity) and I also talk about why it is useful (dwelling on past or potential can be nervousness provoking and going for a moment to relax can increase clarity).. Definitely several that seem simply unrealistic but I can use them to greatly help clients explore. Could have like photos on the trunk of the cards no blank cards for me to make up my own exercise. Just today, I had students who was feeling actually anxious tell me that he felt much more calm after we pulled several cards and do the activities together. Five Stars All of my colleagues love to borrow these! I really like these cards I love these cards! They're great for children, adolescents, and adults! They love them and appreciate the range and ease. Worth the \$ Better for 1:1 than groups Five Stars Ideal for teaching children personal regulation in a great method. These cards will be in the regular rotation! A couple seem to be repetitive. I think a few of my clients will reap the benefits of them and they provide suggestions for me.. We'll find what the customers actually say and could update my review. Better cost at the big box "W"



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