

Sitting Still Like a Frog

Mindfulness Exercises for Kids
(and Their Parents)



Simple mindfulness practices to help your child deal with
anxiety, improve concentration, and handle difficult emotions

■ Eline Snel ■

Foreword by Jon Kabat-Zinn

Eline Snel

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)



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Simple mindfulness procedures to help your son or daughter (ages 5-12) deal with anxiety, improve concentration, and handle difficult feelings. the quality of attention that combines full awareness with acceptance of each moment, just as it is— Includes a 60-minute sound CD of guided exercises browse by Myla Kabat-Zinn. Mindfulness— Incorporated with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic strategy. This little publication is an extremely appealing intro to mindfulness meditation for children and their parents. The book contains eleven practices that focus on just these scenarios, alongside short good examples and anecdotes throughout. In a straightforward and accessible method, it describes what mindfulness can be and how mindfulness-structured practices can help children calm down, become more focused, fall asleep easier, alleviate be concerned, manage anger, and generally become more patient and conscious. is gaining broad acceptance among mental medical researchers seeing that an adjunct to treatment.



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Amazing. Personally i think so strongly about it that I felt the need to write and encourage various other parents to check it out. She stated 'In my mind'. I wouldn't have believed it easily hadn't seen it. We have been using this CD daily for over 3 months. It has created an almost miraculous transformation in helping my severely anxious child learn to calm himself down. But I adored the idea and got it for myself. Personally i think such as a proselytizer when I tell people about it, but I feel strongly enough about it that I don't actually care. Mindfulness or knowing of the present is something We never learned while a kid, but how incredibly beneficial to understand that you can change just how emotional responses control us just through awareness.) I have a elementary-aged child with anxiety so extreme that during the past, it was interfering with him drifting off to sleep at night. We'd do the whole bedtime-routine, I would come out the light and leave the area and then he would spend up to 3 hours walking in circles in his bedroom until he fell over from exhaustion. I've recommended this CD to anyone and everyone I understand who has small kids. We tried a variety of things to help him calm down: scorching baths, massages, reading books until he fell asleep, etc. non-e of them really worked. Lately his therapist recommended that people try some "mindfulness" teaching. I experienced the vague proven fact that mindfulness meant focusing on gratitude, taking some deep breaths, etc., but I acquired no idea how to train that skill to a child. I started looking on Amazon for books on mindfulness and stumbled upon this Book/CD set. We had just taken it out of the plastic sleeve ten minutes ago! When the book and CD arrived, I skimmed the book and was totally unimpressed. I didn't also bother to complete reading it, because it came across as dry and boring. My daughter is 5 and offers trouble dropping asleep-settling down during the night like the majority of kids, and dealing with strong emotions. There's discussion of mindful walking, but most of the chapter is about teaching children to be more cognizant of what they experience as a precursor to being more emotionally conscious. "The Conveyor Belt of Worries," "Sitting Just like a Frog," "The Secret of the Heart Chamber," and "Rest Tight" are our favorites. She browse the whole matter the first night time and called to inform me she liked it and would discover the principals taught in the book very helpful. The CD has 11 meditations on it that cover a variety of situations, from general stress to sadness to not being able to fall asleep. Plus they are amazing. My daughter is 5 and has difficulty falling asleep-settling down at night like most kids I almost never write reviews, however I need to tell this story. They are. That's, it's not really about practicing mindfulness meditation in the abstract;. Meditation is quite powerful. My girl loves this. There is ONE night that meditation didn't work, and that was because he was as well worked up to utilize it. The CD starts with a 9 minute introduction that teaches kids how exactly to meditate. (They don't really realize that's what's happening. They think they are just learning to "sit just like a frog.") After listening to that several times, my kid had an extremely clear idea of how the meditative procedure worked and how it produced him experience. She does this frequently and has a hard time heading back to sleep. More than several days, we worked our way through all of the meditations. Today he cues up the tracks he thinks he requirements based upon what he's feeling.. We listen to at least one every day. And the cumulative influence has been much higher than simply helping with bedtime. It provides helped my kid to become calmer all during the day. In researching the affects of meditation on the mind, I discovered that there are studies showing by using MRIs that mediation can in fact shrink the fear-part of the human brain and strengthen the higher-reasoning portions. This affect is definitely cumulative; the more you meditate, the higher and longer-lasting the benefit. He simply did not know to "switch off his brain" so that he could rest. The life span lesson of understanding how to be relaxed and understand that "thoughts are simply thoughts and they don't KNOW everything" sends an incredibly powerful message that I believe benefits all children. Love this! Now I'll be purchasing a new copy for house, because we can not be without it. :) How kids and parents may become more mindful and cope more effectively with emotional stressors Anyone who have's ever taught children mindfulness, concentration, or rest knows that certain can't use the same tried and tired strategy one does with adults. One must acknowledge the strengths and weaknesses that children's level of cognitive

development brings. [That said, I've found myself before a room filled with kids who sat with the unflinching stillness of bronze Buddha statues, but that's because regular practice was part of their school knowledge.] This is the twin premise of Snel's book: that certain must tailor one's method of teaching kids to be mindful, and that their practice must be built-into their life on the whole. It should be remarked that the reserve isn't just a collection of exercise for kids. It's also a publication for parents to greatly help them align their method of parenting to the mindfulness that the kid is developing. Chapter 3 clarifies how and just why breath is utilized because the basic anchor point to life in the right here and today.. We both paid attention to it every evening and found it was soothing and relaxing so I bought him his own copy. My oldest has ADHD and it teaches her to calm herself. Guess I'm not mindful more than enough to dedicate that concentrated time and attention however. It's also a reserve of application. The crucial subject of witnessing the changing nature of emotional states may be the subject matter of Chapter 8. Another chapter explores how mindfulness could be practiced using the body as a way to anchor one's awareness while simultaneously being more alert to what's heading on with one physically..The next several chapters cover emotional awareness and how exactly to improve response to psychological situations (both for the child and for the parent.) Chapter 6 uses the analogy of a climate report as a way for children to judge their emotional condition. Chapter 7 expands on the topic by considering methods to manage one's response to emotions. Chapter 4 suggests how attention could be improved, and mindful consuming is used as an instrument to advance this goal. Not a read aloud as I thought The cover art and presentation make this seem like a book to learn aloud to your children, but it's actually a book for adults to read for exercises to do with their kids. The penultimate chapter describes how kindness could be fostered as a skill in children. The idea of an "inner movie theater" is talked about as an instrument to facilitate building the required features. The last chapter is certainly entitled "Endurance, Trust, and Letting Go" and that probably adequately describes the gist of topics covered. There's a single page bibliography and a table of audio exercises by the end. As far as images are concerned, they are mostly whimsical drawings of frogs. I came across this book to be concise, informative, and made to charm to the kid's need for concrete--as against abstract--conceptualization of the, otherwise cerebral, topic. I'd recommend this book for parents, teachers, and others who interact with children. What a waste. This book was written to help parents with simple exercises that will teach their children a way to clear anxiety and just overthinking. This publication has literally changed my child's life. It includes a CD that nicely guides you through each workout. The writing is definitely a discussion/description for parents, it isn't written for kids. ; When she actually is feeling stressed she she loves to listen to this. Fantastic meditation for kids Love this cd. Great way to teach children ways to manage their tough emotions. I recommend listening to the same track several times before shifting on to the next track, this way they get amply trained in one technique/imagery and develop some mastery before jumping prematurely to some other. Great purchase I've two daughters, 6 and 8 season olds. I do it with them before bedtime, plus they both enjoy it. Chapter 1 introduces the main topics mindfulness and creates the book's approach in addition to explaining the usage of the audio workout that go with the book. Hardly ever assume your child cant understand, they're smart little angels! Definitely a great purchase. Five Stars Great for college students. My grandson was having trouble sleeping. He's eleven yrs . old. it's about utilizing the understanding that comes from that practice to boost behavior and emotional coping. It is a actual asset to his wellbeing. I recommend it to any parent wanting to calm their child before bedtime. Useful empowering information I purchased this book for my daughter and grandsons. that's another thing. The last two chapters examine how to cultivated desirable character traits in children. I will have paid closer attention. It just looks therefore cute, it looks like a kid book, not really a parenting book. Maybe it's great nonetheless it means carving out time and energy to read the involved text, digest it and research it and then apply it with my children. The second chapter explains a mindful approach to parenting where parents can adopt a calmer and much less emotionally-charged method of interacting with the youngster. A Real

Life Saver I got this from the library and fell deeply in love with it. They tap into a kid's deepest thoughts and insecurities and needs in ways that kids can't also verbalize. However the CD. This CD did wonders and it has just been 4 times. For instance, she told me this morning that she woke up in the middle of the night. He wanted more, because the feeling was so good. She said 'then I paid attention to the CD and fell back asleep'. The cd wasn't in her room at the time so I asked her how. This is my first review for a product I've purchased on Amazon.magic. I'll say the vocabulary utilized by the narrator is just a little mature for a 5 year outdated, but shes learning! In addition, it helps them loosen up before bedtime. Two Stars Not good for more youthful kids, not so "kid" friendly. Amazing book for parents to greatly help children deal with anxiety, frustration or other issues! The book is very helpful but the CD is what I was most thinking about for my daughter who has trouble falling asleep. We place the CD in at bedtime and switched off the lighting while she listened and started focusing on her inhaling and exhaling and her tummy when just a couple of minutes in to the track, it starts skipping and we can't obtain it back on track! I start the lights and grab the CD to find that it's all scratched up. I ordered it, along with a few of the Indigo Dreams CDs and crossed my fingertips that something will help. What a waste. I also gave our copy to my child's instructor so she might use it in the classroom, because she stated that all the youngsters are struggling to keep up calm as we get toward the end of the year. For the former three months, my kid has been drifting off to sleep on average within 10 minutes of turning on the CD participant. While it is quite individual, techniques of mindfulness could be so helpful and even have longterm benefits on health. It also helps her fall asleep at night.



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