## $55 {\rm Fun}$ Ways to Share Mindfulness with Kids and Teens

## mindful games Activity Cards

Susan Kaiser Greenland with Annaka Harris

Susan Kaiser Greenland

Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens



and Mindful Games A deck of 55 mindfulness games for kids that takes a playful approach to developing attention and focus, and identifying and regulating emotions--by the writer of analytical video games that cultivate clear thinking;Doing offers is a great method for kids to build up their focusing and attention skills and to are more mindful. This card deck helps parents, caregivers, and teachers cultivate these characteristics at home or in a school setting up. In a playful method, the games introduce children to breathing procedures and approaches for developing focus, focus, and sensory recognition, and identifying and self-regulating emotions, among additional skills. The video games develop what Susan Kaiser Greenland calls the "fresh A, B, C's" for learning and for a content and successful life: Attention, Stability, and Compassion. They include "anchor" video games that develop concentration; visualization games that motivate kindness and focus;The Mindful Child. and awareness games that develop all of these qualities and give greater insight into ourselves, others, and human relationships. The deck includes 55 5X7 illustrated cards, each specialized in one video game or activity, and comes in a durable, beautifully designed box.



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Our diverse family members (& So many fun ideas! Our family has loved it, teenagers down to the toddlers! It has been really fun and in addition assisted our children in developing additional equipment for handling their lifestyle. My daughter is currently in graduate school for the study of Conversation Disorders - Speech Vocabulary Pathologist. A few of the cards are definitely better suited to younger kiddos, though. Might Work Well for Classroom Teachers For me personally, Mindful Games is just okay. It is designed for classroom use, not as an activity for me personally, a grannie, to use with my grandson. There are several hints to be gained, for sure, just like the one about making eyesight contact and assessing each other's feeling.? Def recommend for additional therapists as well. Love this so much! I'm a therapist in an exclusive practice and like these cards for work with the children I'm a therapist in an exclusive practice and love these cards for use the children. Neat ways to coach the youngsters very important lifestyle lessons in a down to earth, hands on sort of way. Teacher - Student friendly Easy to make use of and a lot of choices. I'm certainly keeping it, both out of respect for the deep interest that was placed into its creation, and in addition because I might are more enlightened some day and enjoy it more. It's such as a science experiment in program. ANd who doesn't like a research experiment? Speaking limited to myself, I found the tone to become somewhat too contrived. I found these cards online and purchased them for her. Four Stars Good, but keep in mind this is for much old kids like tweens in my opinion High quality cards with terrific games. For those who have the book Top quality cards with terrific online games. When you have the book, still an excellent resource to have. Use it frequently as I instruct mindfulness in my classroom. Great mindfulness cards Actually fun cards to use with the kids I work with clinically! Fantastic activities used for summer camps I work around teenagers as a team building and mental conditioning trainer. I business lead many experiential learning actions to provide the opportunity of self-awareness of things like focus and control of feelings. I share tools and strategies that help individuals create healthy behaviors and routines. Practicing mindfulness is a valuable tool. I read your reserve and it provided a wealth of details. The ballon activity was specifically useful, not merely was it a mindful activity but it also served as a grief device in assisting our children to process a recently available family loss of life on an urgent level. She is planning and leading summer time camps at her University and she was asking easily had any creative ideas for mindfulness activities that she might use.? She and her group and professor were so appreciative of the resources. They are using a few of the activities within their camp. Thank you for providing valuable assets.product packaging isn't the best. They are great! He said "I like that it's so peaceful. Most are for youngsters and youth, but conveniently adapted for adults." The next time I wanted to help him calm his body, we pulled away another card and were similarly successful. He's frequently overtired and jumpy at bedtime, therefore i bought these thinking I'd see if any of the cards could help him focus on and relaxed his body at bedtime. He doesn't browse yet, so the cards would have to be interesting plenty of to pique his interest and also able to hold his attention.. We do twonof the exercises at the dinner table and they were okay. But they really shone next time he was was jumpy and sort of bouncing off the wall space a bedtime. I train 2nd grade and it's perfect for mindful activities. My son cherished rocking his doll to rest and it got him to silent his body and actually focus on the sensation. I use these with my university students to start out each class. Great device for helping children focus on their bodies and minds I'm sure these easy-to-follow cards will be great for an older kid, but I was hesitant that they would be helpful for my fiveyear older child. would recommend. great to pick out a cards and do with kid. purchased to make use of with child along with self cute- sturdy cards. Great concept. never too early to

teach mindfulness. When the cards arrived and I demonstrated them to my son, we looked at the instruction page collectively and right away he was thinking about the professed great things about the cards.. Great resource! The cards are excellent and in tact but the box to keep them in was broken before I took it out of the plastic wrap. Perfect for teaching mindfulness! Thanks a lot. We find the card which has you balance a stuffed pet on your stomach while you do "rock a bye" by breathing in and out. friends) possess LOVED these activities???? I wish We had this video game years ago! Excellent for all age range! All of the exercises in the box apply to all ages. They can be found in a good flip box, with durable cards to last through multiple uses. Great for counseling! I take advantage of these with adolescents in guidance organizations or individually for breaks and as simple introductions to mindfulness actions. The kiddos appear to enjoy them! Such an excellent game to discover more life equipment! Very useful for my practice.



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