



NO ORDINARY APPLE

A Story About Eating Mindfully

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No Ordinary Apple: A Story About Eating Mindfully



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On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's initially disappointed when she hands him an apple - he wished candy! Lushly and humorously illustrated, No Common Apple makes a normal way of training mindfulness a fun and enjoyable way for children to learn to slow down and appreciate also the simplest things. But when encouraged to properly and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that apple isn't ordinary at all.



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I loved this book I loved this publication. I am a college counselor and was completing a mindfulness unit with a class of 3rd/4th grader students with high abilities. Kids rated this while 4 stars! awesome This is a very good book . Directly after we read, I got bought an apple for each college student and we ate our apples together using the mindful strategies which are given in the story. The kids really appreciated stopping and noticing the facts of the apple skins, the flavor, the smell, etc. They enjoyed utilizing their senses to consume the apple in a complete new way. We required notes and really enjoyed this experience together! I would say this is a MUST HAVE for any type of mindful device for counselors, therapist, teachers and even PARENTS! Bringing children into the slow food motion! This has become a fast favorite for the kids as they have requested it several times..! This book can be an attractive and fun introduction for small children to the concept of mindful eating. This is a gentle method to introduce children to a slower speed, taking time and energy to really look at the apple, to smell it, listen to it, gain as very much information as you possibly can before biting involved with it - s l o w l y -and savoring the feel and taste.In our increasingly fast-paced globe, this book offers an excellent gift: a moment of mindfulness, that may then be applied to other foods and other foods, and eventually to other activities. The book is written merely but under no circumstances simplistically. It kept the eye of my four-year-outdated grandson and also, though somewhat grudgingly, of the almost-eleven-year-old, not to mention his parents and me! It's a book to cherish and to re-read when existence seems to be leaving us all a bit out of breath! I smell a winner My seven-year old child loves this reserve, and asks for it every night. Lovely ! I believe it will take even more convincing to obtain my daughter to actually make use of the mindful eating method taught in the publication, but this is an excellent start to get her considering! But good descriptive words Mindful eating... A few of them did spot the one picture that presents him with a bunch of mini apples in his mouth area and found that odd..! But great descriptive words. Its worth the money! Together, we read the tale and discussed mindful consuming. I tried to accomplish what the reserve said and it actually worked I was surprised.PS: that was my girl, age 8, that made a decision to write the review after reading the publication. A lovely publication about appreciating the tiny details. Children certainly treated apples differently after reading this book.!!! Highly recommend this book.!!I was also hoping that the book would talk about the star if cut in two horizontally.!! Overall it's a fun story.!!!!!! My students cherished this book! That is a book about eating an apple.. We believed a picture of applesauce might have been better/ less confusing.! Awesome book! Eating Mindfully I enjoyed this book, and shared it with my kids Yoga class. Consider the apple A lovely book that encourages children to understand food with almost all their senses. I don't think it is quite as exciting after so often through, but its a good read likewise. And it won't harm their parents a bit, either. She makes process of the steps interesting and retains us curious about each method THIS apple is particular. This illustration are cheerful too, I would be delighted to add this book in any classroom as a standard browse. We spent a every week lesson discussing mindful eating and I utilized this book because the main resource during the lesson. Great book for Senses Great book for Senses!It uses so many descriptive words and details for all the senses which I needed to teach my students!! Content Digesting!and it a lot more than a book about taking in an apple! This book is merely so SWEET and i'm all over this with regards to the practice of "mindful" eating.



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