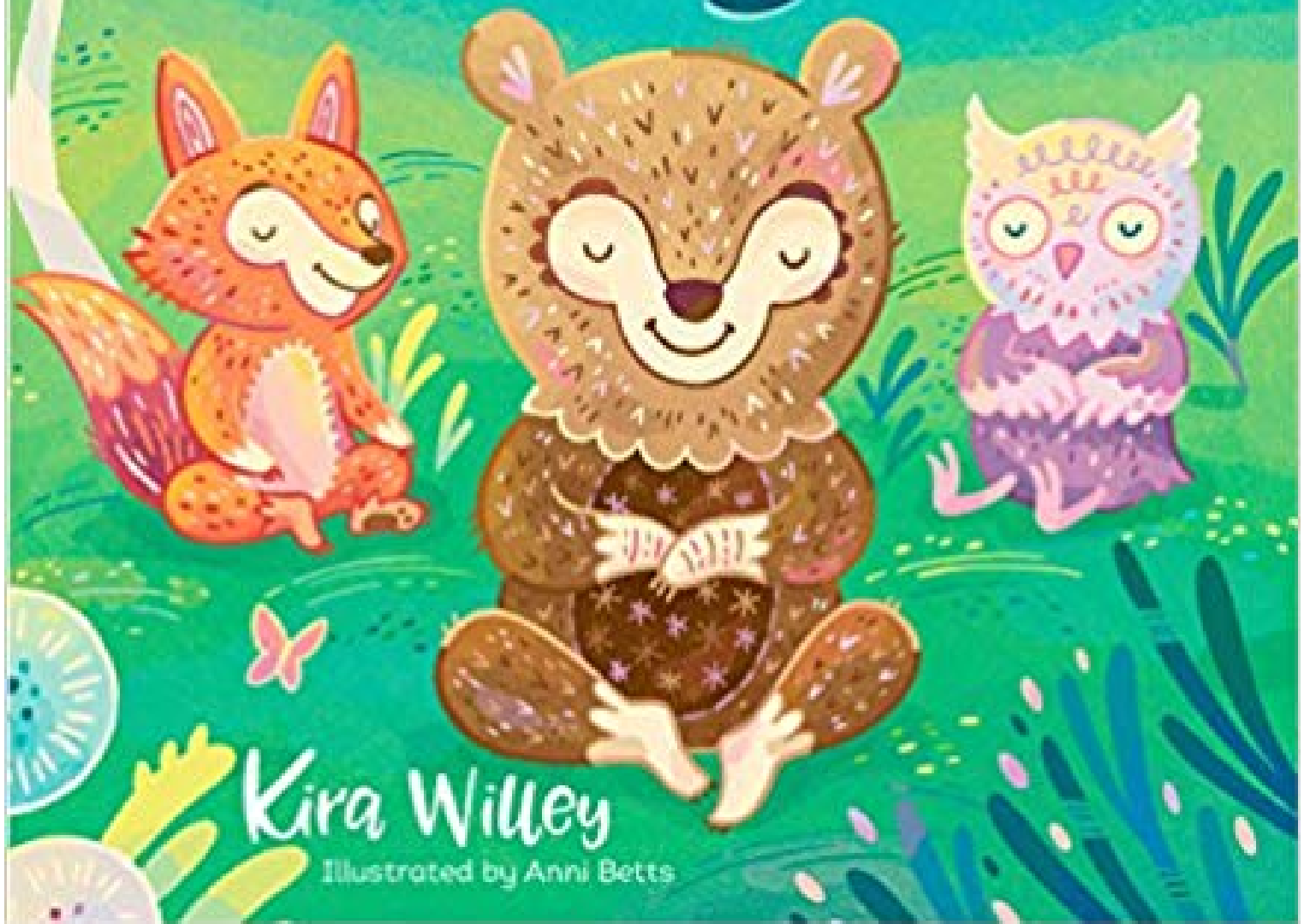


30 Mindful Moments
for Kids to Feel
Calm and Focused
Anytime, Anywhere

Breathe like a Bear



Kira Willey

Illustrated by Anni Betts

Kira Willey

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere



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Breathe Just like a Bear is a beautifully illustrated assortment of mindfulness exercises made to teach kids techniques for managing their bodies, breath, and emotions. Based on Kira Willey's desk at school. On top of that, these 30 simple, brief breathing practices and motions can be carried out anytime, anywhere: in the automobile to the supermarket, during weighty homework nights at home, or even at a child's Choice GOLD Award-winning CD, Mindful Moments for Children, this one-of-a-kind book will help kids find calm, gain focus, and feel energized during the day, and encourage households to establish a great and consistent mindfulness practice, whether at home or on the go.s Parents'



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The illustrations are lovely. Got this for my anxious 3-year-old. He struggles (although not often) with being easily overwhelmed, anxious, and upset. These are methods that she can find out now & Great exercises. I was surprised by the grade of the book design. It feels good to carry & is smartly designed. Must have for a child's reserve collection. The reserve itself is calming. Merely beautiful. Would make a good gift &). Help to take a human brain break with stretches and breathing. like author Kira Willey's music This book is delightful and, like author Kira Willey's music, pleasing to both kids and adults alike. Tried one, didn't work. I really like that he is learning bite-sized methods to increase awareness, focus, and the capability to calm himself. Every kid can reap the benefits of mindfulness — Breathe Like a Bear delivers it beautifully. He loves that it has sections. Decided to try out this. My energetic six-year-old child willingly and happily sits to apply the fun, simple mindfulness activities. Excellent reference! Tried a 3rd didn't work. Even those that purportedly didn't work held the eye and maybe these were indeed operating. Worked like a charm. Kids yoga book This is an excellent book to read with young children. Would extremely recommend! All of them are child friendly enough that they can engage your son or daughter. Tried a 4th. I'm not creative in this manner, so having a short focus paragraph with lovely illustrations for me personally to build on in the home or for her to use at college on her own is fantastic. All will hold their attention. Great reserve for kiddos with anxiety! We love this book so very much! My 4 year older has severe anxiety. I have been trying to find age appropriate ways to teach her mindfulness and get her to pause and breathe when she begins getting anxious. Kira Willey's book does the work for me within an absolutely fantastic way. The illustrations are engaging, each practice is inventive (but on a level a 4 year previous can understand), and the way the practices are divided helps it be much easier for me to pick on in a pinch. We have been carrying out a meditation from this book every day, and I've noticed a big difference in how my small handles her stress and anxiety. We did a 6 week "yoga calm" program which was really helpful, the guided inhaling and exhaling/ meditation techniques in particular. We love this book so very much. I've a preschool-aged kid, and we've been looking for even more ways to train him mindfulness. Since we bought this publication, he looks forwards to doing one of the exercises before we wind down for bedtime. The photos are beautiful and the different methods are fun for children (and adults! best for any kid. Mindfulness techniques are fantastic for all children, and especially helpful for kids who may struggle in regulating their feelings. We do them in public a lot when my child needs to relax. The images are sooo sweet and he has actually resonated with the exercises.5 and enjoys reading the publication, doing the activities, and can utilize them to calm down when directed. Very happy that I did so. When he encounters a situation that upsets him, he functions himself up until he can't actually talk. These quickly relaxed him back down. This is just what we needed! There are SO many exercises in this book to greatly help with SO many situations.! But ended up spending much less than 10 minutes inside, and wouldn't go back in. It breaks my center that people didn't have this reserve before after that because I think he reasonably knows that certain things aren't real however in the moment can't cope. We had been on a secondary when he had panic attack at a great "experience" that was about \$50 per person due to overwhelming visuals and noises. This is the handbook that parents of sensitive kiddos need. Taking a moment to calm down can be fun. And various other pages include guidelines on how best to "send out positive thoughts" and additional important conversation starters for little ones. I've attempted different calm book and this is the most ideal for him right now in his stage in life My 6 season old son completely Loves this book.! Enough variety that something will work My 7 yo was upset. He picks a section and has me browse the title of 'the chapters' and then finds the page

amount. He's 4. We've even had the opportunity to successfully work with a few of the exercises during the day in a challenging time when his feelings were rising to change to calm. Yay! Tried another didn't work. This book is delightful and I've purchased multiple copies to give away and also copies for my grandchildren. Great publication for teaching children some basic mindfulness exercises. Ideal for kids who need a moment to calm down, collect thoughts, and breathe Perfect to browse just a few at a time, practice them together. Love the illustrations and the composing! Worth it! I've tried different calm book which is the most ideal for him right now in his stage in existence. keep throughout her lifestyle. It gives adorable illustrations to go with the story. Great for anxiety Great book. Assists my daughter remember to focus Really good! Very useful for my kids and school kids. Therefore thankful for this publication. You are bound to get one. Thankfully there are 50 exercises in here. I purchased it twice for all my grandkids. Useful and beautiful We bought this to greatly help my 9yo girl who has some behaviour issues. Beautiful book! Probably it takes time to calm down. Great Mindfulness Book Very cute book about mindfulness and mindful breathing for small kids as well as for adults. Parents and kids will have fun practicing Mindfulness and having a great time is a really required ingredient for parenting in today's world. My children love this publication. They do a few of the exercises while at school. My 2nd grader even trained some to his class Beautiful High Quality Book! He had been so excited to go, and had been talking about it for weeks. My 3 year outdated and 6 yr both love to read this book before bedtime. It is beautifully illustrated and the breathing activities are ideal for children. A really positive and useful publication.



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