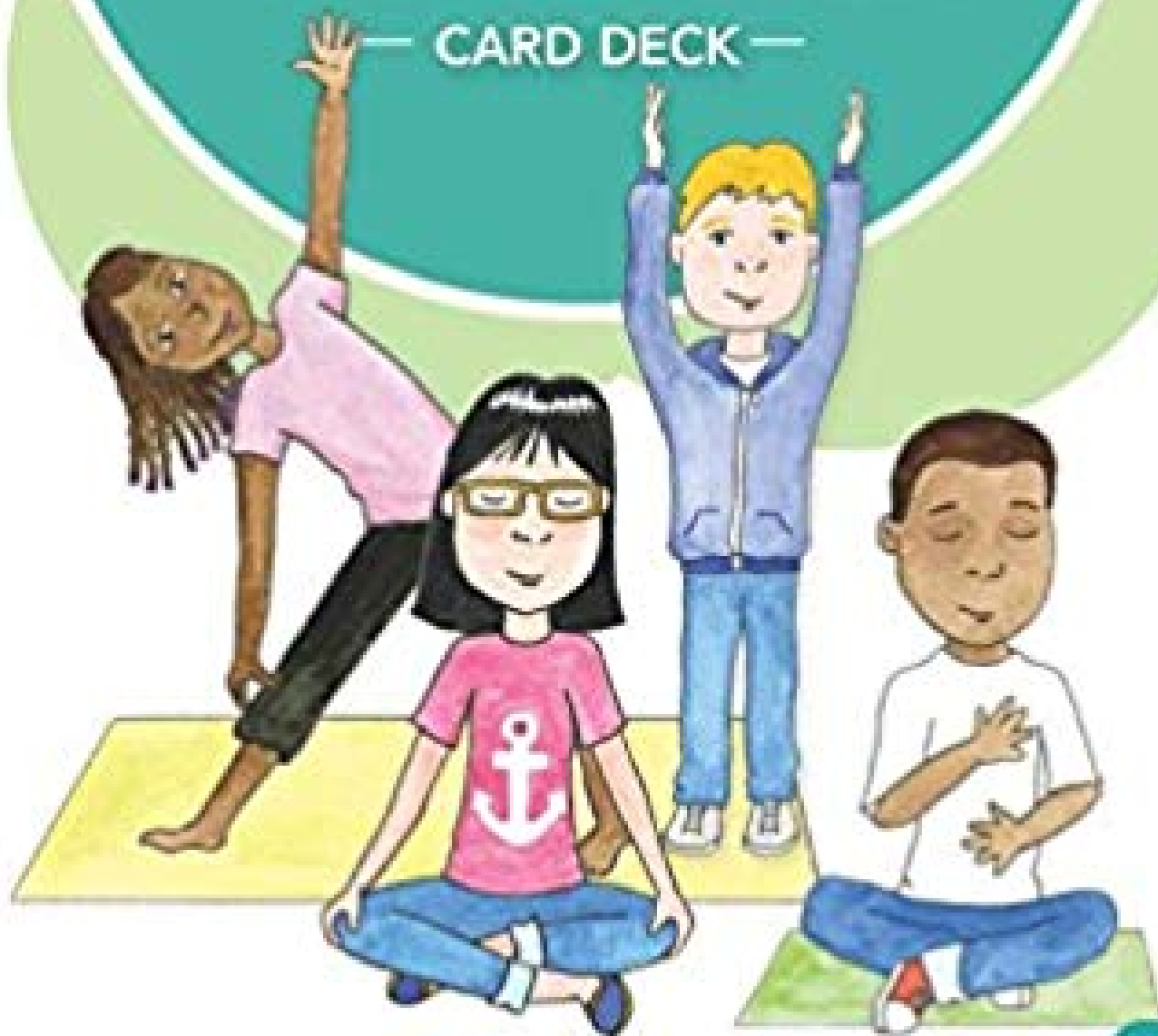


Yoga & Mindfulness

PRACTICES FOR CHILDREN

— CARD DECK —



Jennifer Cohen Harper MA, E-RYT, RCT

..... Illustrated by Karen Gilmore

Little
Flower
yoga

Jennifer Cohen Harper

Yoga and Mindfulness Practices for Children Card Deck



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Divided into five elements, Connect, Breathe, Move, Concentrate and Relax, this card deck is a thorough yet accessible tool package for children themselves, as well as for parents, teachers, clinicians and others thinking about helping support self-recognition and increased personal power in young people. Beautifully illustrated by children's yoga teacher, Karen Gilmour, in conjunction with easy-to-read instructions. Yoga exercise and Mindfulness Methods for Children Card Deck offers over 50 actions to aid health, well-becoming, empowerment and a better capability to navigate the many stressors of life without becoming overwhelmed. Jennifer Cohen Harper, Small Flower Yoga founder, writer, and mindfulness and yoga exercise expert (and parent), has generated another unique resource to help children embrace their full potential. Actions and practice sequences include: - Heart and Stomach Breathing - Feeling my Strength - Grounding in today's - Managing Anxiety - Soothing and Restoring - Engaging my Compassion - Checking In with My Feelings



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Mindfulness and Yoga Cards--Help Children Thrive and Have Fun! These are so much more than I expected and if I possibly could buy a container for everyone I find out that works with or has children, I would! It's hard to assume how easy they're to make use of and it seems like they may be really helpful to use when teaching kids yoga exercise and mindfulness ANYWHERE-in the classroom, in the OT rooms, therapy settings, in the studio, in the library, farmers marketplaces, celebrations, play dates, etc! Kids could also use by themselves just from looking at the fantastic artwork and photos and mimicking what the cards display. My two males got to the cards right away and without also trying, we ended up all sitting jointly playing and talking about our breath and how it can help us throughout the day! We turned it into a video game of show and inform, Simon Says and then they played the teacher role and we put a course together and we also ended up discussing big emotions like getting scared and what we could do to help ourselves when we feel we need it! The tips and metaphors had been effective however the simplicity and therefore accessibility was not. Furthermore, (and I'm actually sorry that is even an aspect to consider, may use them and share with the children in their lives but the best benefit is that they may be used in various ways; as an individual tool to explore one card at a time or they can be paired together to create up sequences and put classes together with the easy to use structure. Providing children with time to reflect and slow down is a prize not just for them, but you as well. I love these yoga cards. It is rather politically correct with children of most walks of life and the descriptions are easy to understand and adhere to. A big many thanks to Little Flower Yoga and Jennifer Cohen Harper for adding a solid source to help our kids thrive and find more joy in their days and lives. Smitten! We are smitten with this cards deck! My 6-year-old enjoys these cards and frequently pull them out on her very own to play "yoga instructor." She will use the cards and educate if you ask me or her stuffed pets. I really like that she can use them "in her personal way," but we are able to also use the guide available on the back of the card. They are perfect for all knowledge and ability levels. We were disappointed in the directions given for reading to kids to follow. There's even a couple cards with children in wheel chairs. A bit wordy tool It's a good tool for children yoga exercises class.. It's very easy to pull out a connect cards (Layers of Sound), lead a practice with my students and have them reveal their noticings in their writer's laptop. I highly recommend Yoga exercises and Mindfulness Methods for Children Cards Deck to all classrooms teachers who are looking for activities that support their learners' social emotional learning. Fantastic tool for teaching mindfulness and relaxation with children Fantastic tool for teaching mindfulness and relaxation with children. Every family members and class should have and utilize this deck! Jennifer and Karen did an excellent job creating this kid friendly card game! Fantastic tool for teachers and parents alike This is a terrific way to mix up your day and recenter together with your students. Also, by choosing one card from each category (a connect, breathe, move, concentrate and relax) you become an instant instructor and may share the presents of yoga exercises and mindfulness with ease and have a lot of fun. These easy to adhere to, beautifully illustrated cards are a wonderful present for teachers and parents as well. It's even helped me to remember to take some time out to breathe and extend. Oh how we love this cards deck!! Creative choices in an easy task to follow cards. Cannot recommend this card deck enough! Get a box A valuable tool for teaching yoga to kids.. Place them in your waiting around rooms, on coffee tables, keep in your kids play rooms, provide them with as gifts and talk about them with the teachers in your life so they could use the cards maybe as 'mindful breaks' within a school day to help kids balance themselves and enhance their focus/concentrations abilities, etc. As a child therapist I am usually looking for exclusive and fun methods to instill self recognition and improve attention to the here and now. Great product! Every teacher needs to go with the circulation of her class, which will help you to perform it. So leave these cards around!. Adults from clinicians, teachers, parents, etc. I take advantage of them frequently in my 6th-grade classroom. My 4 year old is indeed excited to choose cards and do the poses.) these cards display diverse kids wearing regular, loose fit clothes. An Excellent Resource for the

Classroom Teacher. I really like these cards. Great for the classroom Awesome! I use these each day in my classroom. My kids love learning about the different methods to breathe, calm down and reflect. I can't wait to obtain further in to the school year to instruct the partner poses! I completely love how accessible and teacher friendly these cards are. However, it's a bit wordy Five Stars Great gift for kids who like yoga Useful tool for simple mindfulness and meditation practices Useful tool for simple mindfulness and meditation practices. I have been able to use this product during guidance lessons and personnel meetings. I actually was disappointed in the directions given for reading to children to .. An excellent tool to instruct even the young some simple yoga exercise poses and breathing methods. In order to introduce yoga and mindfulness into your household, classroom, etc, that is an excellent way to do so! They were, I thought, unnecessarily complicated and lengthy. You might like to access confirmed card (well specified by purpose) and read it pretty much quickly and briefly, the emphasis becoming upon the yoga exercises pose or action itself. (all with no iPad or screen time - YAY)! Five Stars My son's goes to a Montessori school and these cards up him stay balanced.



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