

Yoga & Mindfulness

Practices for Children

Activity
and
Coloring
Book



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Illustrated by Karen Gilmour



Jennifer Cohen Harper

Yoga and Mindfulness Practices for Children Activity and Coloring Book



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Yoga and Mindfulness Procedures for Kids Activity and Coloring Book offers 50 engaging actions, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of lifestyle without getting overwhelmed. Jennifer Cohen Harper, internationally recognized yoga exercise and mindfulness professional, has generated simple and fun tools to help guide children through the countless stressors of life. Divided into five components - Connect, Breathe, Move, Concentrate and Relax - this reserve is a reference for children themselves, as well as for parents, teachers, clinicians and others interested in helping support self-consciousness and elevated personal power in young people. - Beautifully illustrated coloring bed linens - Simple instructions for yoga and mindfulness exercises - Very clear and available self-reflection and exploration worksheets - Reproducible linens for the home, classroom, or clinic



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A must have for parents & elementary educators. As a particular needs teacher, it is so refreshing in order to utilize so lots of the practices in this book best inside our classroom - breathing workout to help regulate emotions, mindful eating to encourage slowing at snack time, yoga poses to incorporate a mid-day stretch, and relaxation techniques to keep carefully the classroom calm. That is an excellent activity book that guides you through the five components of kids yoga exercise and mindfulness as only Little Flower Yoga exercise can! This book is ideal for those who are new to kids yoga and would like a resource for not only you but for the children in your lifestyle.! I could imagine this might be useful for parents and kids will like it... Love this publication and the child-friendly illustrations. The book is organized in to the five elements-Connect, Breathe, Move, Focus and Relax! Like the follow up writing activities as well as the coloring pages. Getting the coloring pages readily available helps bring the methods full circle giving them a visual they can make their very own and take home! Just what a wonderful resource for parents What a wonderful reference for parents, teachers, social workers & most importantly for KIDS! My daughter shades in this at all times and brought it to college to show her friends her yoga exercise moves. The coloring web pages are well illustrated and reinforce the Yoga exercise or mindful lesson. Kudos once more to Jennifer Harper and Karen Gilmour for teaming up to greatly help kids become more mindful!! Great Workbook for learning Yoga and Mindful skills. Love, Love, Love. This Workbook is certainly a great and creative way to instruct and send Yoga and Mindful lessons to learners. I have a duplicate in my own office where I use traumatized youth - some children simply color in it others add the movements along while coloring. Four Stars Something special for my grandchildren, ages 11 & Five Stars Very fine Four Stars Wonderful This is an incredible resource to have in the classroom This is an amazing resource to have in the classroom! I do. :) Congratulations females. 14 years. Calling almost all teachers, parents, and a person with children within their life! I want I had the book yesterday when I taught Strolling Lunges and I am So Strong! Fantastic book! What a wonderful source for parents and teachers. Practice for Children activity and coloring book is an awesome resource for yoga exercise teachers The Yoga exercise and Mindfulness Practice for Kids activity and coloring book can be an awesome resource for yoga teachers, school teachers and anyone interested in helping kids with self-awareness and mindfulness. We could imagine this might be useful for parents and kids will love it What a gem!! As a principal, I could see myself using this with several my college students! My kiddos want to color and parents love how they can support their child's house practice. . Love the artwork my Karen. not have any comments from them.



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