

Connected Kids™

Help Kids with Special Needs (and Autism)

SHINE with mindful, heartfelt activities

LORRAINE E. MURRAY



PRACTICAL MINDFUL ACTIVITIES - TODDLERS TO TEENS

Award Winning Founder of the Connected Kids™ Programme



Lorraine Murray

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. of different designs to help kids manage stressSimple, mindful, problem-solving options for the whole family Case studies illustrating real-existence journeys of households and specialists trying mindful activities Lorraine E. Our pupils have got . The book is ideal for professionals or parents/carers who have kids with autism, ADHD or extra support needs., therapist and meditation professional Lorraine Murray explains a range of practical and mindful actions that can very easily be adapted to suit different requirements and lifestyles. It includes:Understanding how meditation can help benefit mind developmentHow to build up bespoke meditations for kids and teens with additional support needsA meditation 'to be a In a follow-up to her book ' Murray may be the Managing Director of Connected Kids - a worldwide program that teaches adults how to teach kids meditation. She has been researching and teaching this since 2003 and may be the author of 'Calm Children - Help Children Relax With Mindful Activities'Mindful activities are a life skill that can help children and teens with extra support needs or autism to control stress."We have found the skills our pupils have learned through the Connected Kids approach toolkit'useful, possibly vital, life tool for now and in the foreseeable future. In an increasingly complex and stressful world these can only be beneficial and we have made them an important part of our curriculum by integrating short mindfulness sessions throughout the day and whenever pupils have to use them.Calm Children'serious learning difficulties, many also with autism, and however the ideas can be adapted very easily to each individual's requirements. Sarah Houghton-Birrell, Autism Coordinator, Catcote "Academy, England



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Invaluable Reference for Practicing Meditation with Children Having dealt with high anxiety for much of my existence, I have already been overjoyed to get that meditation helps me to feel safe and calm, and to think clearly to distinguish between imagined threats and actual threats. Not only for kids with special needs! My oldest boy has demonstrated similar characteristics since he was a toddler - he has been more than a little hesitant to try brand-new things and gradual to create friends." Because they practice at school they share at home!) I was lucky to get Lorraine's first publication, *Calm Kids*. This is a wonderful book. *Calm Children* is a good resource, but Lorraine's most recent book, *Connected Kids* goes so much more deeply. It is an invaluable resource for various types of meditation, how exactly to use various tools like mudras, mandalas, and labyrinths, and why they're helpful.. This book really is amazing for the overall population, but Lorraine's detailed work on challenges that people with autism encounter and several specific balancing mindful actions make this the very best book that I have seen for helping children feel their finest. For example, if a child cannot tolerate the food on his plate, she suggests practicing a gratitude meditation before consuming where in fact the caregiver and kid explore the trip of the food to the plate (imagine the meals growing as a plant and thanking sun, soil, water, and also the farmer who cared for it, etc.) Kids become less scared of unfamiliar foods and textures as they take into account the effort involved in getting the food from a seed in the ground all the way with their plates - I've seen this work in my own home! I know there's a direct effect when parents ask "do you do meditation with the kids? Having grounded children begins with having grounded caregivers. This is a fantastic read with practical methods to follow (and also tips on how to advance to sensing what the child needs by having an open heart and mind rather than a strict intend to follow) - ideal for helping children with special needs, along with everyone else. Awesome, informative, helpful

Awesome book, very helpful and useful and accessible. I use . I've discovered something useful in the book for each of individuals of I love! This is a wonderful book. I have utilized the exercises with all . Mindfulness isn't just for children and adults who have special needs, either. and the writer. I loved the book so much that I made a decision to join her course to instruct meditation to children. I've utilized the exercises with all of my foster children, not just those with Autism. Not just for kids with particular needs! I've one girl on the autism spectrum (high functioning) , a boy who was adopted and has particular needs and just work at a Children's Medical center.. As a spiritual wellness practitioner, I totally resonate with Lorraine's approach to teaching mindfulness to children (and their adults! It offers allowed me to open myself up to new experiences also to let go of the idea that if I can not be perfect, I shouldn't bother to try. Passion and Compassion Lorraine Murray writes with the same passion that she teaches. I also like how at the end of each chapter, she asks the reader to check on in with a centering believed with regards to personal meditation practice. Like any good mom, I considered the internet for help ; I use this book for concepts on the go with a occupied preschool classroom. A beautifully created book to enhance the skills the stunning children. Love, love Love, love, Like this book.. In addition, it includes medical research and the verified the advantages of meditation for everybody - not just those with special needs....). She techniques mindfulness not merely from a spiritual perspective, but also from a scientific one. That is extremely ideal for a someone like me who embraces spirituality and mindfulness but spends a lot of time in their logical, analytical remaining brain. This book is informative, enlightening, and engaging. It's clear that Lorraine functions and writes from the center in addition to from experience. *Connected Children* explains in easy to understand conditions what those benefits are and the significance of handling our energy in order that we are better in a position to help

ourselves and our children to handle stress, to heal, also to enjoy life to the fullest.. Practicing mindfulness can benefit everyone. She's done her research. I recommend this to anyone who has or works with kids (with or without unique needs) and is thinking about learning what this mindful meditation stuff is about.



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