

Mia's Mountain Hike

A Forest Yoga
Book for Kids



Includes
Yoga Poses for Kids
•
Parent-Teacher Guide
Learn, be active,
and have fun!

Written by Giselle Shardlow
Illustrated by Lauren Hughes

Giselle Shardlow

Mia's Mountain Hike: A Forest Yoga Book for Kids



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ACT OUT WHAT YOU SEE AND Perform ON A MOUNTAIN HIKE! Sign up for Mia and her aunt because they hike a mountain in Western Canada.**The Family Choice Awards recognize the best in children's and parenting products.**Winner of a 2018 Family Choice Award! Be considered a bald eagle, black bear, and bridge over a rushing river. Discover the forest, explore movement, and practice becoming mindful in nature. Age groups 4+. This forest yoga exercises book includes a set of kids yoga poses and a parent-teacher guide.



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A great addition to any kids's yoga course!.. Such a beautiful reserve!Giselle Shardlow's Mia's Mountain Hike is developmentally befitting children from about four years (maybe appearance and point with younger children) to around first grade. Lauren Hughes illustrations are engaging and can encourage children to discuss the natural world around them. I am a retired educator first, second grades and K-5 ELL. The parent-teacher help in the back of the reserve provides helpful suggestions. Lastly a big many thanks for encouraging mindfulness and yoga breathing;. The story did an excellent job of keeping their attention When i first recieved this book i read this book to my 2 pre-school yoga class around 12 students per class. Each pupil has their own mat and participates in yoga regularly during the period of the school year. As a father, as a child's yoga teacher, and as a hiking lover, this is a book that really touches my heart in many different ways.The story did a good job of keeping their attention. I love to work my lesson programs to correlate to months and vacations. We are leading into spring so the book story is relevant from what activities (hiking) college students could be participating in today. It could also be great integrated into a fall theme. The kids became excited to accomplish the yoga pose that matched each segment of the tale. The tale and poses flowed perfectly for a changeover to lay and relax/ reflect at the end. The artwork was well done and the pose illustrations had been well incorporated in to the picture. I liked toe-ga which added a sensory component to our practice. The size of this book was perfect as each class last 30 minutes. It kept the interest of the small children for a good amount of time while leaving room for conversation and reflection. Fun and interactive yoga exercise book! I am a children's yoga instructor and Mia's Mountain Hike, Giselle Shardlow's new book is an excellent method to explore with children nature and the outdoors through yoga poses. It worked well well with my 3 year old class but it will be befitting some of my school age group classes as well. It's a wonderful voyage through the forest that invites all of the children . Integrating the yoga poses through the entire story is a unique and fun way of teaching yoga.. Many students in the class i utilized it in upon this day are three years old. It's a wonderful voyage through the forest that invites all of the kids to explore character and the outside through yoga exercise poses. I think Giselle considered everything! I've the Grateful Giraffe too and it's wonderful for emotions and emotions. I read this publication to my 3rd quality class and the college students loved it! It can be also used during fall.Finally, as I always write in my own reviews, the parent-teacher guide is an excellent tool in case you are a parent and you intend to introduce yoga to your children or, if you are a kids yoga teacher, it can simply be considered a source or a reminder of how exactly to teach yoga to children in a properly and funny way. Fun book for Family Yoga exercise classes! I also order the poster of the poses to give a big visual. The layout of the books make it easy to modify and adapt the tale/poses for your audience. Mia's Mountain Hike is a cute story in regards to a girl's hike with her aunt and introduces 15 poses. That is a nice method to use a few webpages with teenagers who can each take a pose and after that constitute a story using their poses together This is a fantastic and engaging book for early childhood educators to use . Yoga exercises, meditation and breath all in one book. There are also a few webpages that list the pose titles with an illustrated demo of the pose; accompanied by a few web pages that you could read like a script to steer children into the poses. I love that the book carries a few simple pages that you can use without the tale or to bring in the poses before reading the story.. our little ones benefit if they feel they have the power to calm and respect their own bodies! Love the illustrations and the partnership she's with her aunt. The illustrations are beautiful and there's a good small circle with an image of the yoga pose for children and teachers that are not used to yoga. The publication connects the natural globe to the classroom with familiar yoga exercises poses. I'll

definitely utilize this book as a part of my after-school yoga system (grades k-2). As an educator and a children's yoga instructor assets like, "Mia's Mountain Hike" are valuable. The publication facilitates early literacy learning by encouraging college students to take part in the story while trekking with the type Mia. This would have already been especially wonderful for second language learners Absolutely precious! That is another incredible reference by Giselle Shardlow. While reading the story kids and their caregiver(s) can practice different yoga exercises poses with Mia and her Aunt as they hike along and/or can adhere to the complete flow presented with pictures and instructions following the story. For 28 years I used yoga exercises with my college students. And the I also utilize the yoga exercises cards. I purchased your yoga cards recently to provide to a .grand niece age 7. I intend to order this book to go with it. This is an excellent and engaging book for early childhood educators to use as a movement break story. Wonderful method to introduce yoga exercise to the little ones. A wonderful link with nature through literacy and yoga! It had been also a wonderful device for a classroom of multiple young children discussing activities and seasons. It generates an awareness for kids about the inhabitants of the forest and through movement stimulates creativity. I think young children will love practicing yoga while listening to the story. Great resource If you want to instruct your kids yoga this is actually the perfect resource. I take advantage of these books in my own classroom full of 3-4 year olds plus they LOVE THEM! The tales are relatable and the kids can see the poses as we complement. It's been popular each time I've used Giselle's publication with a Family Yoga student. This would have been especially wonderful for second vocabulary learners! I love to plan my lessons with time with the seasons and the holidays. A great tool for Developing the whole childchild I love the illustrations within this book. The characters allow for creative elaborations, and toddlers are naturally drawn to attempting to participate. As a teacher, I believe this is an asset to the first childhood classroom (developing the whole child and giving needed motion breaks), and as a Mum it's the perfect way to start presenting mindfulness and yoga. I use a literacy-based method of a yoga/creative motion enrichment program for early childhood centers and you will be using this book. An Integrative and Creative Tale for Everyone! This is a lovely book and wonderful story.. The yoga poses that accompany each page pair so properly with the movement of the storyline. Some of my learners possess physical disabilities as well but we make yoga work. This book is a valuable device for teachers and parents as they integrate the story with movement. Take a mindful trip through character with this wonderful story! That is by far my favorite book for kids yoga! The calming tone of the story makes it a wonderful Mindfulness device to be used with elementary and preschool learners. I teach people with Intellectual/Developmental Disabilities and related conditions (Autism).I take advantage of a literacy-based method of a yoga/creative movement enrichment . I would recommend this book for personal make use of practice at home for one on one practice with family members with very young children. We are just entering into spring therefore the book story is just perfect to encourage learners to participate in all the activities done in this season, for example, hiking. Learners can relate to the great outdoors, and this is a fun way to expose kids to new and different yoga poses within an interactive way. The best book for kids yoga! A wondrous, heartfelt tale, that takes its visitors on a trip through nature. The story has a nice movement of yoga exercise poses. It is a simple story with therefore many great poses. This book is filled with fun stuff: the story, 2 webpages with visuals for the youngsters to apply the poses after or prior to the story, visual set of the yoga exercise poses with step-by-step guidelines, and a parent-teacher guidebook. The text is quite basic and that is very useful if you are reading stories to kids from 4 years old, but could be easily expanded and in addition

adapted for older children. Can't wait to give it a try! Lovely themes to explore in a kids yoga class.³ Beautifully illustrated book Beautifully illustrated book. I love that the writer references to some of the senses when Mia is usually on her hike (hear, smell, view). A pause to take a breath can be included in the story. The feelings of peace and quiet that we hook up to nature is mentioned. < The "A Hike in the Forrest" picture web pages include good illustrations of the pets and scenes that you will encounter in the story. Well done Giselle! I recommend this book if you are working with children. Would love to find this translated in french ;)



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