

Be Mindful Card Deck For Teens

Be Mindful Card Deck for Teens *Mindfulness Cards Mindful Kids Mindful Games Activity Cards Mindful Living Card Deck Yoga and Mindfulness Practices for Children Card Deck Mindfulness-based Stress Reduction Card Deck Meditation Cards Mindful Reminders Card Deck Mindfulness Skills for Kids Card Deck and 3 Card Games* **The Gift of Presence Growing Mindful Cards: Mindfulness Practices for All Ages Rethink Card Deck Mindful Conversation Starters Yoga Calm for Children Little Renegades Calm the Chaos Cards The Stress Reduction Card Deck for Teens The Self-compassion Deck Be You Card Deck for Teens Mindful Chair Yoga Card Deck A Mindfulness-Based Stress Reduction Workbook Wisdom of the Buddha Mindfulness Deck Little Flower Yoga for Kids Self-Compassion & Mindfulness for Teens Card Deck Mindful Tarot The Yoga Deck The Mindfulness Solution to Pain The DBT Deck for Clients and Therapists Mindful Games A Sloth's Guide to Mindfulness Make Social and Emotional Learning Stick! Melt Worry and Relax Card Deck The Work Wellness Deck Eat, Drink, and Be Mindful Yoga Pretzels The Doula Deck Thank You Mind Mindful Eating Mindfulness on the Go Mindful Arts in the Classroom**

Eventually, you will entirely discover a new experience and expertise by spending more cash. still when? pull off you endure that you require to get those every needs past having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to understand even more on the subject of the globe, experience, some places, when history, amusement, and a lot more?

It is your enormously own time to proceed reviewing habit. in the midst of guides you could enjoy now is **Be Mindful Card Deck For Teens** below.

Meditation Cards May 29 2022 Featuring 60 flashcards and booklet featuring different meditation practices and techniques, Meditation Cards is the perfect gift to promote balance, serenity, and inner-peace. From deep thoughts to physical exercises, Meditation Cards is the ultimate collection of meditative prompts will let you be present. Forget about your phone, your job, and everything else and make time for your mind, body, and spirit. The thematic cards are differentiated from one another by color, covering topics such as breathing, thinking, and stretching. Meditation Cards is an ideal gift for someone looking to break their routines and feel better about themselves.

Calm the Chaos Cards Sep 20 2021 For anyone overwhelmed by the stresses of daily life, this book is a simple tool to promote calm and well-being. Here are 65 soothing pages, each featuring an encouraging mantra and a short practice, including exercises for mindfulness, self-care, awareness, grounding, gratitude, and more. Users can pull one page each morning to center themselves, or pick a few at a time to set a bigger intention for the week. Calm the Chaos make it easy to foster moments of peace and clarity, anytime and anywhere. • A CREATIVE WAY TO PRACTICE SELF-CARE: Manage daily stress, quell anxiety, and build happiness habits with the 65 pages in this book. • CULTIVATE MORE MINDFULNESS: This book will help you practice daily reflection, record gratitude, and set achievable goals. • USE DAILY, WEEKLY, OR WHENEVER YOU NEED CALM: Open this book each morning to find a mantra and inspiration for your day, or choose one page a week to set a larger intention.

The Stress Reduction Card Deck for Teens Aug 20 2021

Mindful Living Card Deck Sep 01 2022

Mindful Tarot Dec 12 2020 Read Tarot in the Present Moment, Full of Joy, Prosperity, and Peace Fill your heart with abundance and ease by uniting Tarot with the modern mindfulness movement.

Combining the card archetypes and meanings with today's well-researched methods of meditation, this groundbreaking book shows you how to find a clearer path forward through compassion. Mindful Tarot cultivates our capacity to live and love what is unknown and unresolved. It is a practice of patience and openness, encouraging you to embrace the present moment: complete, lavish, and unconstrained. Lisa Freinkel Tishman teaches you to develop skills on three levels: mindful awareness of yourself and your querent, a deeper relationship with your cards, and a transformed understanding of the Tarot system. She also provides exercises, analyses of all 78 cards, and step-by-step examples of her own daily practice.

Mindfulness Cards Dec 04 2022 This engaging deck makes it easy to bring awareness, calm, and joy to everyday life. Each card includes an inspiring phrase on the front and a bite-size mindfulness exercise on the back. Packaged in an eye-catching box with foil stamping, the cards are divided into four color-coded mindfulness categories: Rest & Balance, Insight & Awareness, Curiosity & Joy, and Kindness. Users can draw one card to form an intention for the day, or pull several for a more complex reading or to display around the home or office as inspiring mantras. Featuring more than 50 accessible and enlightening practices (plus 8 blank cards for personalization), these cards are an easy way to cultivate mindful moments--anytime and anywhere.

Make Social and Emotional Learning Stick! Jun 05 2020 The Mom's Choice Award winner, *Make Social and Emotional Learning Stick!* Practical activities to help your child manage their emotions, navigate social situations and decrease anxiety (2nd edition) has helped thousands of families manage their child's emotions, increase positive behavior and social skills, reduce anxiety, and so much more! Does your child struggle to fit in, make friends, have social confidence and navigate social situations? Does your child experience high levels of anxiety or BIG emotions with meltdowns that happen in the blink of an eye? Are you looking for the energy and patience to help your child develop these skills, but too busy managing the meltdowns, self-regulation issues, and behaviors that come from sensitivities, anxiety, ADHD, or autism? This book offers practical ideas in a user-friendly structure with simple and fun activities that help parents do just that. Learn how to help your child understand social rules, build emotional intelligence, become more mindful and develop better coping skills. Because your child learns the most from YOU! Children need ongoing exposure for greater awareness and understanding of themselves and the complex world in which they live--as well as explanations and practice throughout the day--to manage their emotions, navigate social situations, and reduce anxiety. Over 200 updated simple and easy-to-understand activities show you the teachable moments to use throughout your daily routines with your child. Getting ready for the day, preparing and eating meals together, reading time, going to the doctor, celebrating holidays, and partnering with your child's school become opportunities for discovery and practice of expected social behavior. These social and emotional skills activities, including new mindfulness practices and a new section on bridging home and school, are invaluable for busy or overwhelmed parents. When you have the tools you need to help your child, you can both become more calm, confident, and connected. Read *Make Social and Emotional Learning Stick!* and help your child: Build conversation skills for better relationships Navigate transitions and boundaries, and try new things Focus on schoolwork instead of resisting or complaining Gain listening and mindfulness skills to build better friendships Identify hidden social rules that make social situations easier Learn empathy and how to see others' perspectives instead of just their own Develop tools to build resilience and emotional regulation, decrease anxiety, and much more! Help your child thrive socially and emotionally--without either of you getting frustrated or overwhelmed!

The Work Wellness Deck Apr 03 2020 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be.

Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter *The Work Wellness Deck*: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, *The Work Wellness Deck* will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. **BURNOUT IS COMMON:** Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. *The Work Wellness Deck* is an effective tool in preventing and/or diminishing feelings of burnout. **PERFECT FOR COMPANIES:** Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. **LITTLE-PUBLISHED SLICE OF WELLNESS:** Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

A Mindfulness-Based Stress Reduction Workbook Apr 15 2021 The ultimate practical guide to MBSR—with more than 115,000 copies sold—is now available in a fully revised and updated second edition. Stress and pain are nearly unavoidable in our daily lives; they are part of the human condition. This stress can often leave us feeling irritable, tense, overwhelmed, and burned-out. The key to maintaining balance is responding to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of our bodies and minds. Impossible? Actually, it's easier than it seems. In just weeks, you can learn mindfulness-based stress reduction (MBSR), a clinically proven program developed by Jon Kabat-Zinn, author of *Full Catastrophe Living*. MBSR is effective in alleviating stress, anxiety, panic, depression, chronic pain, and a wide range of medical conditions. Taught in classes and clinics worldwide, this powerful approach shows you how to focus on the present moment and permanently change the way you handle stress. As you work through *A Mindfulness-Based Stress Reduction Workbook*, you'll learn how to replace stress-promoting habits with mindful ones—a skill that will last a lifetime. This groundbreaking, proven-effective program will help you relieve the symptoms of stress and identify its causes. This fully revised and updated second edition includes new audio downloads, new meditations, and extensive chapter revisions to help you manage stress and start living a healthier, happier life.

The Mindfulness Solution to Pain Oct 10 2020 In *The Mindfulness Solution to Pain*, pain specialist and mindfulness based stress reduction (MBSR) teacher Jackie Gardner-Nix offers techniques proven to reduce chronic pain and suffering using mindfulness meditation exercises based on the pioneering work of Jon Kabat-Zinn.

Yoga and Mindfulness Practices for Children Card Deck Jul 31 2022 Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. *Yoga and Mindfulness Practices for Children Card Deck* offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. Divided

into five elements, Connect, Breathe, Move, Focus and Relax, this card deck is a comprehensive yet accessible tool kit for children themselves, as well as for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: * Heart and Belly Breathing * Feeling my Strength * Grounding in the Present * Managing Anxiety * Relaxing and Restoring

Yoga Calm for Children Nov 22 2021 Yoga.

Mindful Kids Nov 03 2022 This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.

Mindful Chair Yoga Card Deck May 17 2021

A Sloth's Guide to Mindfulness Jul 07 2020 It's OK to slow down. Take a pause and focus on your breath. Let the other animals run around, you do you. Follow a serene and smiley sloth through a series of light meditations and daily reflections with this unexpected and snuggable guide. From simple breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and staying present while hanging from a tree, this little illustrated book of mindfulness will help readers discover the path to a peaceful, philosophical life. With playful advice and delightfully charming illustrations, this no-sweat approach to enlightenment is a sweet reminder to take it slow and smile.

Mindful Arts in the Classroom Aug 27 2019 Written especially for the teacher or camp director who wants to bring mindfulness, social and emotional learning (SEL), and the arts into their busy day through storytelling and fun games, this book offers a complete course that helps kids identify and talk about their feelings, self-regulate and self-soothe when stressed, and learn from easy mindfulness practices. Educator and theater director Andrew Nance is the author of the popular children's book *Puppy Mind*, which brought a new dimension of cuteness to the practice of mindfulness in the form of a rambunctious, playful puppy. In this book, Nance brings the puppy and a host of other friendly characters into the classroom to animate a 21-lesson curriculum centered around lively stories and easy-to-lead exercises for young students from kindergarten to third grade. Nance offers a teacher's guide to arts-based mindfulness exercises utilizing story-telling, theater games, and drawing to spark students' self-expression, self-awareness, and social and emotional well-being.

Rethink Card Deck Mindful Conversation Starters Dec 24 2021 Whether you're at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them. Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.

Mindfulness-based Stress Reduction Card Deck Jun 29 2022

Be You Card Deck for Teens Jun 17 2021 *Be You Card Deck* has 60 practices to: - Ease stress - Reduce anxiety - Deal with anger and depression - Boost self-confidence - Realize your full potential These daily mindfulness, relaxation and empowerment practices help teens to be strong, brave, confident, and most importantly, their authentic selves.

Mindfulness on the Go Sep 28 2019 A pocket-sized collection of 25 easy mindfulness practices you can do anytime, anywhere—from the author of *Mindful Eating* Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time—these deceptively simple practices can have a cumulative effect for the better. Use them to cultivate the gratitude and insight that come from paying attention with body, heart, and mind to life's

many small moments. This book is an abridgment of Bays' longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*. *Mindfulness on the Go* is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Mindful Reminders Card Deck Apr 27 2022 Live your life more fully, reduce stress and remove distractions with the Mindful Reminders Card Deck. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life. Whether you are new to mindfulness practice, or whether you've been meditating for years, this deck offers fun, accessible reminders for bringing more mindfulness into your life. *Manage Stress and Anxiety * Improve Focus * Sleep Better*

Eat, Drink, and Be Mindful Mar 03 2020 Presents tools for applying the principles of mindful eating to daily life, such as self-assessment questions and tables that track eating patterns and the emotions accompanying them.

Little Renegades Oct 22 2021

Mindful Games Aug 08 2020 A practical and playful guide for cultivating mindfulness in kids, with 50 simple games to develop attention and focus, and identify and regulate emotions. Playing games is a great way for kids to improve their focus and become more mindful. In this book, *The Mindful Child* author Susan Kaiser Greenland shares how parents, caregivers, and teachers can bring mindfulness into the classroom or home. She provides 50 entertaining games that develop what she calls the new "A, B, C's"—Attention, Balance, and Compassion—for your child's learning, happiness, and success, offering context and guidance throughout. She introduces:

- Anchor games that develop concentration
- Visualization games that encourage kindness and focus
- Analytical games that cultivate clear thinking
- Awareness games for sensory awareness, self-regulating emotions, and gaining insight into ourselves, others, and relationships

Even though the games are designed for kids, they can be just as fun and transformative for adults. Greenland encourages parents and caregivers to develop their own Attention, Balance, and Compassion and to explore the universal concepts that she presents. Our own mindfulness has a powerful effect on everyone in our lives—especially our children.

Be Mindful Card Deck for Teens Jan 05 2023 Reduce Stress, Improve Self-Care and Find Focus. Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax. Perfect to manage your everyday stressors: School demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.

The Gift of Presence Feb 23 2022 A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms. Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes readers on a mindfulness journey to help them de-stress and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can. *The Gift of Presence* guides readers in developing four innate capacities we all possess that will allow us to become more resilient and centered in our lives--even when life is throwing all that it has at us: Presence: the ability to remain firmly in the present moment; to be fully aware of what's happening as it's happening. Purpose: the personal meaning that gets us going and gives direction to our lives. Pivoting: an openness to change that allows you to switch direction if that is what is needed. Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time. This life-changing book reveals that you already hold in your hands the keys to a more harmonious life--you simply need to look within.

Mindful Games Activity Cards Oct 02 2022 Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. This card deck helps parents, caregivers, and teachers cultivate these qualities at home or in a school setting. The games develop what Susan Kaiser Greenland calls the "new A, B, C's" for learning and for a happy and successful life: Attention, Balance, and Compassion. In a playful way, the games introduce kids to breathing practices and techniques for developing focus, concentration, and sensory awareness, and identifying and self-regulating emotions, among other skills. They include "anchor" games that develop concentration; visualization games that encourage kindness and focus; analytical games that cultivate clear thinking; and awareness games that develop all of these qualities and give greater insight into ourselves, others, and relationships. The deck contains 55 5X7 illustrated cards, each devoted to one game or activity, and comes in a sturdy, beautifully designed box.

Mindfulness Skills for Kids Card Deck and 3 Card Games Mar 27 2022

Yoga Pretzels Jan 31 2020 A playful and easy way to teach yoga.

Growing Mindful Cards: Mindfulness Practices for All Ages Jan 25 2022 Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!

Melt Worry and Relax Card Deck May 05 2020 Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.

Mindful Eating Oct 29 2019 Internationally renowned and award-winning Miraval Resort & Spa sits at the foot of the sprawling Santa Catalina Mountains in Tucson, Arizona. There, nestled within the warm desert landscape, Miraval is the premier destination for life betterment—a place where guests feel, are, and can be more. Since its beginning in 1996, Miraval has upheld a powerfully simple vision: life is more meaningful and enjoyable when one's physical, emotional, spiritual, social, and intellectual components are in balance. Miraval has since become the pioneer for mindfulness in every aspect of life. One of the pillars of Miraval's success is that healthy food can taste good. Long celebrated for delectable masterpieces in spa cuisine, Miraval's culinary team has created this compilation of balanced recipes, representing an invitation to continue eating the Miraval way—by expanding, mixing, and learning more about your needs while bringing diet into balance. Mindfulness is a term heard and seen often at Miraval, and it is the core concept that shapes our programs and environment. Being “in the moment” takes practice, yet it is exhilarating and produces new experiences at every turn . . . for when you are fully present, you also make better choices that will lead to a healthier, happier, and more balanced life. Our cookbook will give you the inspiration and tools to bring mindfulness to your table. From mouthwatering entrées to decadent desserts, you will confidently create nutrient-packed, utterly delicious meals.

Self-Compassion & Mindfulness for Teens Card Deck Jan 13 2021

The Yoga Deck Nov 10 2020 Now beginners, experts, and teachers alike can make rejuvenating meditations part of daily life with this beautifully illustrated deck of fifty yoga poses and meditations. Each easy-to-use card gives detailed instructions, benefits, and an affirmation. If you're short on time, you can pick just a single card, or for a more guided experience, follow one of the sequences provided. Create an exercise routine that focuses on your specific needs. In the park or at the office, these portable cards are perfect for stress relief, promoting strength and energy, and relaxation--anytime, anywhere.

Thank You Mind Nov 30 2019 "This book teaches children how to use mindfulness to cope with big feelings and tricky days by noticing their emotions without judging them and using self-soothing techniques. It also has a note to caregivers at the back of the text to help them assist the child in further learning about mindfulness and how they can check in with their emotions"--

Wisdom of the Buddha Mindfulness Deck Mar 15 2021 Through vibrant artwork and Buddhist quotes,

this deck offers ancient wisdom to help bring peace and balance to your busy life.

The Self-compassion Deck Jul 19 2021 Cultivate kindness & compassion for yourself and others! The Self-Compassion Deck offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindheartedness and gain a deeper appreciation for yourself and your life. The practice of self-compassion has been proven to: * Improve well-being * Regulate emotions * Reduce depression and anxiety

The Doula Deck Jan 01 2020 Mamaste meets Mindfulness Cards in this deck focused around meditation, breathwork, and movement specifically for those expecting. Here is the support any mama-to-be needs as she preps for the transition to motherhood. With 78 unique cards filled with thoughtful meditations, movement activities, breathwork exercises, and soothing affirmations, this collection of cards supports expectant mothers through pregnancy, birth, and their new motherhood by nurturing their spirit and talking through their fears. Written by renowned doula Lori Bregman and with soothing artwork accompanying each card, this deck offers expert advice on filling all aspects of pregnancy and birth with comfort and confidence. The Doula Deck is a bridge between mindfulness and motherhood, with support you can keep in your pocket, display on your nightstand, or take with you out into the world. • **PROFESSIONAL ADVICE:** With a career spanning nearly 20 years, Lori Bregman is a source of wisdom in pregnancy and birth. She runs a complete mind-body-spirit support system that helps women throughout fertility, pregnancy, birth, and new motherhood and has built a thriving career based on her passion for supporting more mindful, healthy, happy mothers and women of all kinds. Now she can help you on your own journey to motherhood, wherever you are. • **BABY SHOWER GIFT:** With its expert advice on mindfulness during an important life moment, this serves as the ideal gift for anyone who is pregnant. With its luxe package and lovely illustrations, this deck of cards is not only insightful and useful but also gorgeous and gift-worthy. • **ELEGANT ART:** With gorgeous colors and elegant portrayals of the female body throughout pregnancy and motherhood, these cards offer so much more than just a list of exercises. They're a visual source of comfort and encouragement as well as a helpful tool. • **UNIQUE FORMAT:** Not everyone has the opportunity to hire a doula, and this deck offers a unique way for moms-to-be to practice self-care and find additional support during the birth experience by simply pulling a card and completing the activity whenever they need to. Perfect for: • Expectant mothers interested in natural living and doula support • Doulas • Baby shower attendees

Little Flower Yoga for Kids Feb 11 2021 Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit www.littlefloweryoga.com.

The DBT Deck for Clients and Therapists Sep 08 2020

