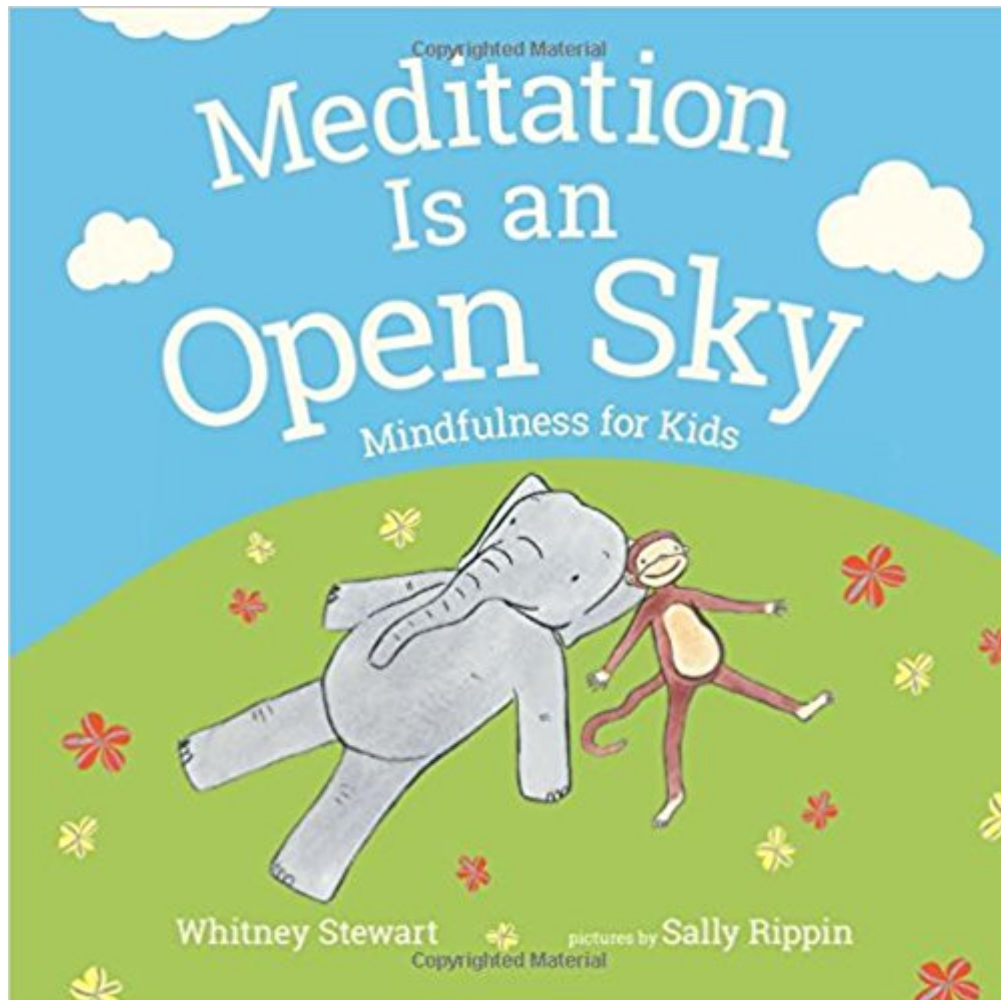




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# Meditation Is An Open Sky: Mindfulness For Kids



## Synopsis

Mindfulness meditation for kids. Kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life and improve emotional health. Meditation guide with relaxation techniques.

Stress-reduction aid

## Book Information

Hardcover: 32 pages

Publisher: Albert Whitman & Company (March 1, 2015)

Language: English

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Product Dimensions: 8 x 0.4 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 17 customer reviews

Best Sellers Rank: #45,659 in Books (See Top 100 in Books) #11 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #19 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #111 in Books > Health, Fitness & Dieting > Children's Health

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

PreS-Gr 4 "Any child who's ever had a bad day and experienced strong emotions that they're not sure how to express will welcome this guide to mindfulness, and perhaps discover a great tool for sorting through emotions. This soothing picture book uses animal characters to show children how to meditate. It covers nine simple exercises that children can practice in various situations, such as "mind drawing" for focus, "protection circle" for security, "special place" for relaxation, and "mind clearing" for clarity. There are also exercises for wisdom, kindness, decision-making, self-control, and openness. The book empowers children with a great set of tools to keep in their "back pocket" as they encounter situations on a daily basis. The playful artwork helps readers envision how each exercise is completed. This book would also be a great manual for teachers to have on hand to help

students. The answers to frequently asked questions about meditation at the end of the book are excellent; readers will come away understanding that everyone moves through life and these exercises a little differentlyâ "and that's okay. VERDICT Tastefully done. Even skeptics will find useful exercises for classroom management and helping children cope with conflict.â "Amy Shepherd, St. Anne's Episcopal School, Middleton, DE

"With simple illustrations of a friendly elephant and monkey, and backgrounds of sky blue and grassy green, this book offers a terrific introduction to simple mindfulness exercises. It is a useful guide for families and first-day classrooms and fills a gap in many library collections. There are nine exercises in the book, each presented in clear language. Some children will read the exercises to themselves and try them out, while others will benefit from hearing the exercise read aloud first. I could imagine children learning an exercise with a caregiver, and then reaching for the book as a guide to walk through the exercise again. This book could best be used independently by children age 8 or older due to the reading level and some concepts, but caregivers will find ideas suitable for preschoolers, too." -Friends Journal, May 2016 "Stewart's peaceful tone is reassuring and calming in itself. A solid resource for children (and the adults in their lives) who are seeking to get a handle on tricky emotions and situations." Publishers Weekly, February 23, 2015 "This is an intriguing introduction to an ancient art. Stressed parents may find it helpful too." Booklist, March 1, 2015 "Ultimately, this will work best as a guide for an adult to use with a child in specific scenarios that might call for mindfulness and meditation. Keep this in mind as a possible introduction to meditation for children." Kirkus Reviews, January 15, 2015

I just read this book cover to cover, and am quite impressed with the guided meditations and help section in the back. I've been trying to teach my son about mindfulness and help him with guided meditation, and they've done it all for me, and for all sorts of situations! Yay!

Meditation has been such a useful tool for me in my life, my husband and I wanted to make sure our child learned this skill also. This is a wonderful book to help with that. Our child finds the meditation exercises fun to do, and we see the positive change these exercises has had. We highly recommend this book!

Purchased this for my 10-year-old nephew who is learning how to meditate. He thoroughly enjoys it and I even found it useful!

I bought this for use in my kindergarten class and we love it!

Bought it for myself and my mother and its a great starting point when you're new to meditation. The illustrations are adorable.

What a gorgeous and excellent resource for parenting.

I liked this better than the Peaceful Piggy Meditation book we bought first. It provides simple, one-page meditations that offer children a "menu" of options to try out to address different challenges. For example, one to clear your mind, or one to feel safe, or one to address strong feelings. The book more practical and tangible meditations than the Piggy book, making meditation accessible to my 8 year old son, which is what I wanted. He was feeling nighttime fears overcome him, so we turned to the book and he picked a meditation to calm his fears. He felt reassured, and later advertised this book to his classmates, telling him which of the meditations really helped him.

fun exercises that make "meditation" easy!

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