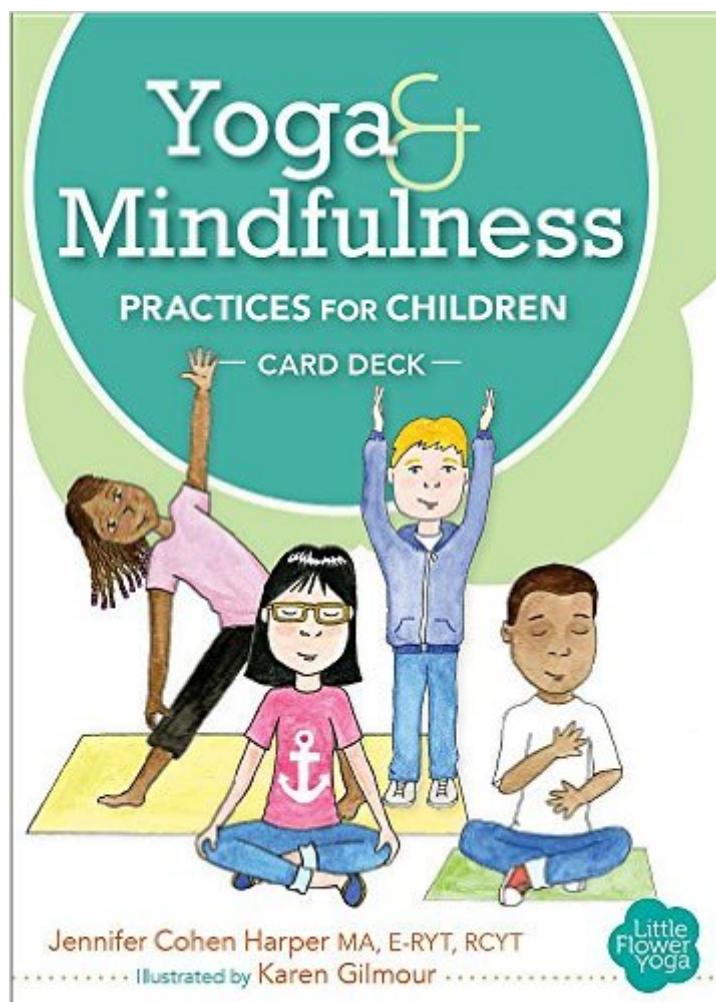


The book was found

# **Yoga And Mindfulness Practices For Children Card Deck**



## **Synopsis**

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 - Engaging my Compassion - Checking In with My Feelings

## **Book Information**

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Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #3,975 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Children's Health #13 inÂ Books > Medical Books > Psychology > Child Psychology #18 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## **Customer Reviews**

These are so much more then I expected and if I could buy a box for everyone I know that works with or has children, I would! Its hard to imagine how easy they are to use and it seems like they could be really helpful to use when teaching kids yoga and mindfulness ANYWHERE-in the classroom, in the OT rooms, therapy settings, in the studio, in the library, farmers markets, parties, play dates, etc! Kids could also use by themselves just from looking at the great artwork and pictures and mimicking what the card displays. My two boys took to the cards right away and without even trying, we ended up all sitting together playing and talking about our breath and how it

can help us throughout the day! We turned it into a game of show and tell, simon says and then they played the teacher role and we put a class together and we even ended up talking about big emotions like being scared and what we could do to help ourselves when we feel we need it! (all with no iPad or screen time - YAY)! Adults from clinicians, teachers, parents, etc., can use them and share with the children in their lives but the best part is that they can be used in various ways; as an individual tool to explore one card at a time or they can be paired together to make up sequences and put classes together with the easy to use format. Also, by choosing one card from each category (a connect, breathe, move, focus and relax) you become an instant teacher and can share the gifts of yoga and mindfulness with ease and have a lot of fun. So leave these cards around!

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