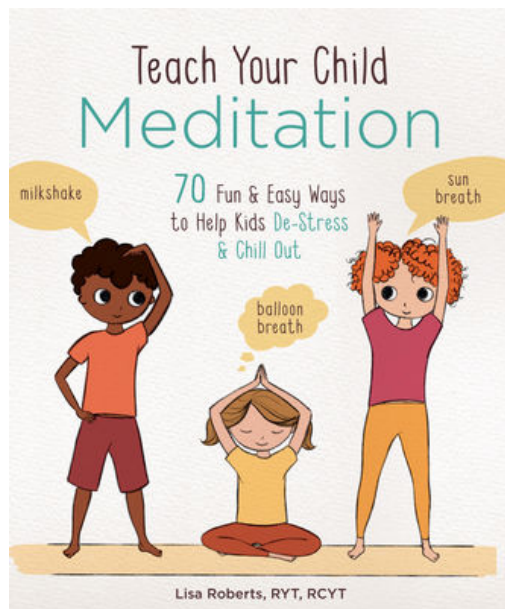


Télécharger Livres Gratuit Teach Your Child Meditation (PDF | ePub | Mobi) Lisa Roberts DataBase Book



Help your child calm down, relieve stress, and achieve greater mindfulness with this illustrated guide to teaching kids meditation and breathing techniques—complete with 70 step-by-step exercises.

Even children need to learn ways to calm and center themselves. With its hands-on exercises, *Teach Your Child Meditation* gives kids ages 5-12 important tools to relieve anxiety, cultivate mindfulness, and gain confidence. More than 70 illustrated exercises—which all have fun names like “Funny Bunny Breath” and “Elephant Shower”—are organized to highlight their special benefits: choose from such categories as “Hocus Pocus, I Can Focus,” “The Chill Zone,” “Stress Busters,” or a section with group exercises that teachers and parents alike will love. Whether the goal is for a child to sleep better, concentrate before a big test or game, or

enjoy some much-needed relaxation, this guide helps anyone who loves and plays with children to introduce them to the many benefits of meditation.

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Author	:	Lisa Roberts
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