

Sitting Still Like a Frog

Mindfulness Exercises for Kids
(and Their Parents)



Simple mindfulness practices to help your child deal with
anxiety, improve concentration, and handle difficult emotions

■ Eline Snel ■

Foreword by Jon Kabat-Zinn

Sitting Still Like A Frog Mindfulness Exercises For Kids

Heather Krantz



Sitting Still Like A Frog Mindfulness Exercises For Kids:

Sitting Still Like a Frog Eline Snel, 2013-12-03 Simple mindfulness practices to help your child ages 5-12 deal with anxiety, improve concentration and handle difficult emotions with a 60-minute audio CD of guided exercises. Mindfulness, the quality of attention that combines full awareness with acceptance of each moment just as it is, is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations voiced by Myla Kabat Zinn, who along with her husband Jon Kabat Zinn popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach. Continue your mindfulness practice with Eline Snel through her other mindfulness meditation titles, including *Sitting Still Like a Frog Activity Book*, which offers 75 fun mindfulness games and activities for children, and *The Little Frog Awakes*, which offers tools and advice for mindfully responding to younger children, ages 18 months to 4 years.

Breathe through This Eline Snel, 2015-09-29 You try to be supportive through all the emotional ups and downs, but if you're too supportive, they feel smothered. You want to give them the freedom necessary to grow, but not so much that they're left vulnerable, and however you try to do it, you can count on being wrong. Parenting a teenager is a challenge to be sure, but Eline Snel has some very good news for those facing that challenge: there's a way to stay mindful, present, and yes, positive throughout it all, by developing a base of mindful awareness as your resource. With her characteristic practical wisdom, Snel provides methods for developing that resource, along with strategies for forging a bond of courage, compassion, and trust with your teenager, and for making space for yourself within the process, too. Mindfulness meditation helps us stay calm in tense moments and be less reactive with our children. It allows us to respond to them in ways that are most helpful and that promote dialogue rather than clashing. The practices that Snel teaches, developed in her clinical work and honed in her own experience as a parent, are supplemented with one audio download of guided meditations for parents and another one for teens. They will help you calm down during tense and heated moments and become a more focused and openhearted parent.

Yoga Pretzels Tara Lynda Guber, Leah Kalish, 2005 A playful and easy way to teach yoga.

Mindful Games Susan Kaiser Greenland, 2016-11-15 A practical and playful guide for cultivating mindfulness in kids with 50 simple games to develop attention and focus and to 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 A wonderful fun and engaging way to bring mindfulness into a child s life Daniel Goleman author of Emotional Intelligence Planting Seeds Thich Nhat Hanh,2012 A complete overview of all of Thich Nhat Hanh s practices for children Planting seeds is full of hand on activities to help children and adults relieve stress increase concentration and confidence deal with difficult emotions and improve communication It includes over 30 full color illustrations and an audio CD with songs and easy to follow practices Page 4 of cover **Breathing Makes It Better** Christopher Willard,Wendy O'Leary,2019-10-01 2019 Moonbeam Children s Book Awards Winner 2020 Mom s Choice Awards Gold Recipient An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger fear sadness confusion anxiety and loneliness With rhythmic writing and engaging illustrations Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath Simple guided practices like imagining you are a tree blowing in the wind follow each story to teach children how to apply mindfulness techniques when they need them the most Breathe Like a Bear Kira Willey,2017-12-05 Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies breath and emotions Best of all these 30 simple short breathing practices and movements can be performed anytime anywhere in the car to the grocery store during heavy homework nights at home or even at a child s desk at school Based on Kira Willey s Parents Choice GOLD Award winning CD Mindful Moments for Kids this one of a kind book is sure to help kids find calm gain focus and feel energized during the day and encourage families to establish a fun and consistent mindfulness practice whether at home or on the go The ABCs of Yoga for Kids Teresa Anne Power,2009 The ABCs of Yoga for Kids uses the alphabet rhyming vignettes and colorful illustrations to introduce children to yoga in a kid friendly way Features fifty six different poses The Mindful Kind Rachael Kable,2019-03-01 If you re feeling overwhelmed pressured anxious and disconnected this book will change your life one mindful step at a time A guide from a popular podcaster to de stressing and becoming happier by becoming more mindful in your everyday life Learn why it s vital to prioritise self care wellbeing and mental health Discover effective and practical mindfulness and meditation strategies and learn to apply them in all life areas including work relationships and self care Learn skills to increase resilience and improve wellbeing throughout their lives Be encouraged and inspired to create an ongoing mindfulness practice **Mindful**

Learning Dr Craig Hassed, Dr Richard Chambers, 2014-01-10 Mindfulness is increasingly being used in educational environments as a proven way to help students learn more effectively develop personally enhance their physical and emotional health and deal with study and exam related demands Written by two leading experts with many years of personal and clinical experience Mindful Learning provides practical insights and exercises on how to apply mindfulness in any educational setting The result is a book that clearly sets out how you can manage stress improve performance enhance communication develop more meaningful relationships unlock creativity improve mental flexibility and problem solving ability and use technology wisely Whatever your age whatever your learning environment mindfulness can make a positive difference and Mindful Learning shows you how

Big Breath William Meyer, 2019-08-06 Calm your worries and build your bravery or just relax during a busy day or wind down before bed All day long you breathe in and out in and out without even thinking about it But did you know that you can play with your breath use it to take you on an adventure All you have to do is find a comfy spot and close your eyes Does your breath sound like ocean waves Like the wind before a storm or a breeze at the start of spring Can you feel it all the way down to the tips of your toes By the time you open your eyes you might just feel a little lighter calmer more relaxed In Big Breath William Meyer's gentle prompts alongside Brittany R Jacobs's wonderful illustrations make meditation as fun as a game but with big results

Quiet Mind Sharon Salzberg, Sakyong Mipham, 2008 Accompanying audio CD not included

The Mindful Child Susan Kaiser Greenland, 2010-05-04 Help the children in your life protect themselves with these groundbreaking age appropriate mindfulness techniques Mindful awareness works by enabling you to pay closer attention to what is happening within you your thoughts feelings and emotions so you can better understand what is happening to you The Mindful Child extends the vast benefits of mindfulness training to children from four to eighteen years old with age appropriate exercises songs games and fables that Susan Kaiser Greenland has developed over more than a decade of teaching mindful awareness to kids These fun and friendly techniques build kids inner and outer awareness and attention which positively affects their academic performance as well as their social and emotional skills such as making friends being compassionate and kind to others and playing sports while also providing tools to manage stress and to overcome specific challenges like insomnia overeating ADHD hyper perfectionism anxiety and chronic pain When children take a few moments before responding to stressful situations they allow their own healthy inner compasses to click in and guide them to become more thoughtful resilient and empathetic The step by step process of mental training presented in The Mindful Child provides tools from which all children and all families will benefit

Learning to Breathe Patricia C. Broderick, 2013-06-01 Disruptive behavior in the classroom poor academic performance out of control emotions if you work with adolescents you are well aware of the challenges this age group presents What if there was a way to calm these students down and arm them with the mindfulness skills needed to really excel in school and life Written by mindfulness expert and licensed clinical psychologist Patricia C Broderick Learning to Breathe is a secular

program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and perhaps most importantly, develop their attention. The book also includes a website link with student handouts and homework assignments, making it an ideal classroom tool. The book integrates certain themes of mindfulness-based stress reduction (MBSR) developed by Jon Kabat Zinn into a program that is shorter, more accessible to students, and compatible with school curricula. Students will learn to pay attention in the moment, manage emotions as they are perceived, and gain greater control over their own feelings and actions. These mindfulness practices offer the opportunity to develop hardiness in the face of uncomfortable feelings that otherwise might provoke a response that could be harmful, e.g., acting out by taking drugs, displaying violent behavior, or acting in by becoming more depressed. This easy-to-use manual is designed to be used by teachers but can also be used by any mental health provider teaching adolescents emotion regulation, stress reduction, and mindfulness skills. The author is a graduate of the MBSR advanced practicum at the Center for Mindfulness in Massachusetts led by Jon Kabat Zinn. She is also a clinical psychologist and a certified school psychologist and counselor for grades K-12. In the book, Broderick calls on her years of experience working with adolescents to outline the best strategies for dealing with disruption in the classroom and emotions that are out of hand. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message. The program allows for themes to be delivered in 6 longer or 18 shorter sessions, depending upon time and needs of students. The 6 core lessons are Body Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits. Learning to Breathe is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence.

Sit with Me Carolyn Kanjuro, 2020-12-01. You can squat like a frog or lounge like a cat, but if you want to sit like a buddha, there are seven key steps for taking your seat. Sit with Me invites kids of all ages to learn meditation through playful rhymes and adorable illustrations. Justa Bug describes the seven-point meditation posture from the top of the head to the bottom of the feet in an easy and accessible way. With a spine straight like coins stacked on a plate and shoulders back like a vulture in flight, kids will learn the basics of sitting through encouraging verse. With a little practice, Sit with Me will help everyone in the family learn how to meditate easy and free.

Sitting Still Like a Frog Eline Snel, 2013-12-03. Simple mindfulness practices to help your child, ages 5-12, deal with anxiety, improve concentration, and handle difficult emotions with a 60-minute audio CD of guided exercises. Mindfulness, the quality of attention that combines full awareness with acceptance of each moment just as it is, is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book

contains eleven practices that focus on just these scenarios along with short examples and anecdotes throughout Included with purchase is an audio CD with guided meditations voiced by Myla Kabat Zinn who along with her husband Jon Kabat Zinn popularized mindfulness based stress reduction MBSR as a therapeutic approach **Mind Bubbles** Heather Krantz,2017-03 How do kids learn about mindfulness Mind Bubbles presents an easy way for young children to engage with their breath while noting thoughts and feelings passing and popping like bubbles The book is a clear concise and secular explanation of mindfulness that children ages 4 8 will understand and want to try for themselves It may be read to or by young children and includes a guided mindful breathing script for continued practice **SUMMARY - Sitting Still Like A Frog: Mindfulness Exercises For Kids (And Their Parents) By Eline Snel** Shortcut Edition,2021-06-20 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes As you read this summary you will discover how to introduce your children to meditation to improve their quality of life and yours You will also discover that your children have as much to worry about as you do how mindfulness calms your child s restlessness that having more alert senses improves memory why distancing yourself from your child s thoughts leads to more positive self esteem that being a good parent doesn t mean never feeling angry or tired what simple and fun exercises you can offer your children right now how to concretely implement the meditation habit in the family s schedule You certainly know the benefits of meditation whether you have experienced it yourself or not Mindfulness is a great tool to calm your mind to be more attentive to the world around you and to others Moreover it allows you to live fully in the present moment In this respect it is obviously a fantastic asset for your child as an adult in the making What are the benefits of meditation for your child and how can you initiate him or her into it Buy now the summary of this book for the modest price of a cup of coffee Meditate with Me Mariam Gates,2017-08-29 This accessible and fun guide to meditation and mindfulness is the perfect introduction for young children Meditation does a body good and can even help kids as young as four or five This practical guide is gentle clear and a pleasure to use Kids will learn how to focus on their breath on the sensations in their body and on the sounds around them to help them relax settle their busy minds and understand their emotions Illustrated with cheerful drawings of five animal friends the book offers step by step directions and a repeating refrain Breathe in and fill your whole body Breathe out and relax your whole body It s an invigorating first experience of mindfulness that can be shared by parents and children at home or by teachers and students in the classroom **Mindful Kids** Whitney Stewart,2017 Make any moment mindful from morning to night with 5 categories of cards designed to fit into each part of the day Whimsical full color illustrations on both sides of the cards provide easy to follow steps for each practice The cards and 8 page instructional booklet include tips for children of a wide range of abilities Publisher s website

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