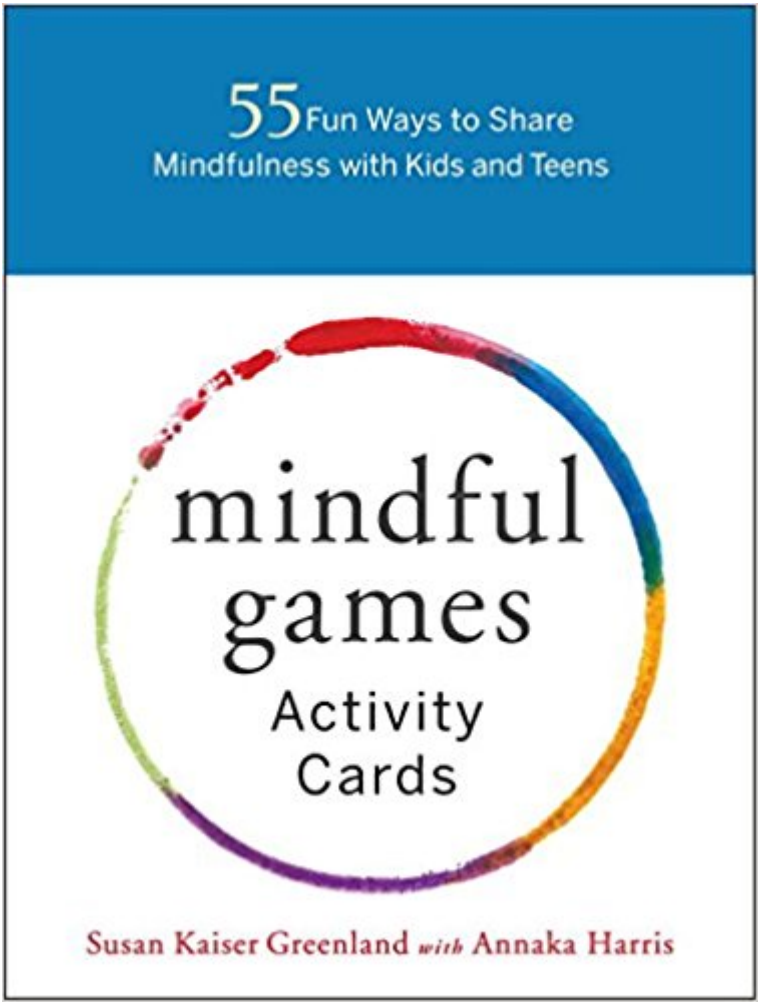
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Mindful Games Activity Cards: 55 Fun Ways To Share Mindfulness With Kids And Teens



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Synopsis

A deck of 55 mindfulness games for kids that takes a playful approach to developing attention and focus, and identifying and regulating emotions--by the author ofÃ Â Mindful GamesÃ Â andÃ Â The Mindful Child.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.

Book Information

Paperback: 50 pages

Publisher: Shambhala; Box Crds edition (April 4, 2017)

Language: English

ISBN-10: 1611804094

ISBN-13: 978-1611804096

Product Dimensions: 5.5 x 1.6 x 7.4 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 26 customer reviews

Best Sellers Rank: #1,044 in Books (See Top 100 in Books) #2 inÃ Â Books > Parenting & Relationships > Family Activities #15 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #19 inÃ Â Books > Parenting & Relationships > Parenting

Customer Reviews

SUSAN KAISER GREENLAND developed the Inner Kids mindful awareness program, and teaches secular mindful awareness practices to children, parents, and professionals around the world. In 2000, she established the Inner Kids Foundation with her husband, author Seth Greenland, to bring mindful awareness to underserved schools in Los Angeles. She was a co-investigator in a multi-year, multi-site research study at UCLA's Mindful Awareness Research Center/Semel Institute

on the impact of mindfulness in education. She has spoken at numerous prestigious institutions in the US and abroad, such as the Mind & Life Institute; the University of Massachusetts; the University of Kansas; Columbia University; Cedars-Sinai Medical Center; San Diego Children's Hospital; the Spirit Rock Meditation Center; the Barre Center for Buddhist Studies; and many others. Her work has been covered byÃ Â The New York Times,Ã Â theÃ Â Los Angeles Times, USA Today,Ã Â National Public Radio, and CBS Morning News. ANNAKA HARRIS is a consultant for science writers, an editor of nonfiction books, and author of the children's bookÃ Â I Wonder.Ã Â She is an Inner Kids volunteer teacher and has been working with Susan Kaiser Greenland and Inner Kids since 2005.

I wish I had this game years ago! Our family has loved it, teenagers down to the toddlers! It has been really fun and also assisted our children in developing additional tools for handling their life. The ballon activity was especially useful, not only was it a mindful activity but it also served as a grief tool in assisting our children to process a recent family death on an unexpected level. Such a great game to discover more life tools!

Great activities from a wonderful book. I recommend the book by the author as well. Instructions are down-to-earth and practical for adults working with children.

Very creative and fun ideas.

My clients love this- they get to pick a card and that is our activity for the session. It's fun and helpful to them in learning a coping skill or way to help with self control,

great and fast

Excellent product, variety for different temperaments and situations.

I use this in the classroom and it is a great resource for quick moments of mindfulness.

Excellent tool for working with kids.

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