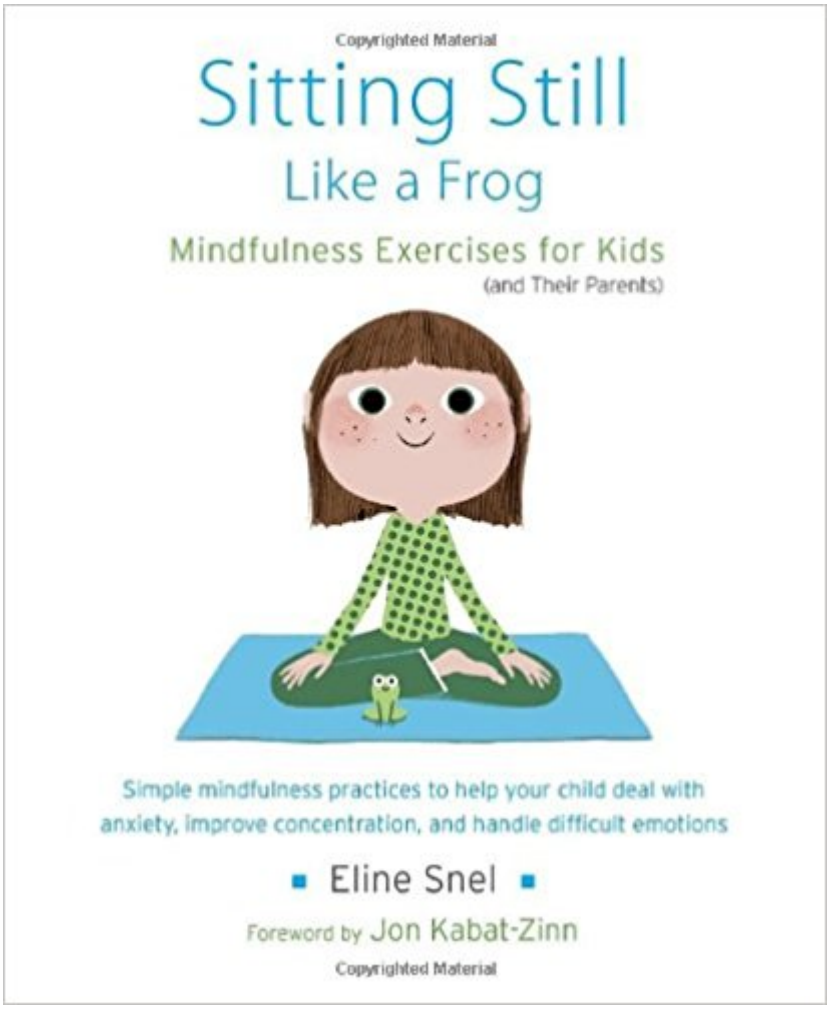
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Sitting Still Like A Frog: Mindfulness Exercises For Kids (and Their Parents)



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Synopsis

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.Ã Â Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn.MindfulnessÃ¢â ¬â •the quality of attention that combines full awareness with acceptance of each moment, just as it isÃ¢â ¬â •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.

Book Information

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Average Customer Review: 4.4 out of 5 stars 243 customer reviews

Best Sellers Rank: #1,510 in Books (See Top 100 in Books) #12 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #22 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #32 inÃ Â Books > Parenting & Relationships > Parenting

Customer Reviews

"From the central image of sitting still like a frog to the spaghetti test for physical relaxation, the images, metaphors, and practical exercises are pitched at the right level to really engage childrenÃ¢â ¬â •this book and CD will prove a valuable resource for our familyÃ¢â ¬â„¢s spiritual explorations.Ã¢â ¬Â•Ã¢â ¬â •Juno magazine"Kids are keen to learn, often live in the moment, and are capable of industrial-strength attention. They also struggle with thinking theyÃ¢â ¬â„¢re not

good or cool enough. Sitting Still Like a Frog teaches children mindfulness through an amphibious friend who sits very still and breathesÃ¢â ¬â •preserving energy and paying attention to everything going on around him. Many practices fill the book and audio CD, and all of them remind us, and our children, just how easily thoughts can move us off our lily pads."Ã¢â ¬â •Mindful

ELINE SNEL is a therapist and certified MBSR trainer and runs the Academy for Mindful Teaching in the Netherlands. She has been developing and teaching mindfulness-based courses for over twenty years and trains teachers to teach MBSR techniques to students. Her program has been used in numerous primary schools in the Netherlands. She has recently started a pilot project in various secondary schools to teach mindfulness practices to teenagers. Eline also teaches the program in Belgium, France, and Germany. More information is available on www.academievoormindfulteaching.nl and www.elinesnel.nl. For children's training by AMT instructors, see www.aandachtwerkt.com.

This is my first review for a product I have purchased on . I feel so strongly about it that I felt the need to write and encourage other parents to try it.We have been using this CD daily for over 3 months. It has created an almost miraculous change in helping my severely anxious child learn to calm himself down. This book has literally changed my child's life. I feel like a proselytizer when I tell people about it, but I feel strongly enough about it that I don't even care. ;)I have a young elementary-aged child with anxiety so extreme that in the past, it was interfering with him falling asleep at night. We would do the whole bedtime-routine, I would turn out the light and leave the room and then he would spend up to 3 hours walking in circles in his bedroom until he fell over from exhaustion. He simply did not know to "turn off his brain" so that he could sleep. We tried many different things to help him calm down: hot baths, massages, reading books until he fell asleep, etc. None of them really worked. Recently his therapist recommended that we try some "mindfulness" training. I had the vague idea that mindfulness meant focusing on gratitude, taking some deep breaths, etc., but I had no idea how to teach that skill to a child. I started looking on for books on mindfulness and stumbled upon this Book/CD set. I ordered it, along with some of the Indigo Dreams CDs and crossed my fingers that something might help.When the book and CD arrived, I skimmed the book and was totally unimpressed. I didn't even bother to finish reading it, because it came across as dry and boring. But the CD...that's another thing. The CD has 11 meditations on it that cover a variety of situations, from general anxiety to sadness to not being able to fall asleep. And they are amazing. They tap into a kid's deepest thoughts and insecurities and needs in ways

that kids can’t even verbalize. They are...magic. For the past three months, my kid has been falling asleep on average within 10 minutes of turning on the CD player. There was ONE night that meditation didn’t work, and that was because he was too worked up to use it.The CD starts with a 9 minute introduction that teaches kids how to meditate. (They don’t realize that’s what is happening. They think they are just learning to "sit like a frog.") After listening to that several times, my child had a very clear idea of how the meditative process worked and how it made him feel. He wanted more, because the feeling was so good. Over several days, we worked our way through all the meditations. Now he cues up the tracks he thinks he needs based upon what he is feeling. "The Conveyor Belt of Worries," "Sitting Like a Frog," "The Secret of the Heart Chamber," and "Sleep Tight" are our favorites. We listen to at least one every day. And the cumulative affect has been much greater than just helping with bedtime. It has helped my child to be calmer all throughout the day.In researching the affects of meditation on the brain, I discovered that there are studies showing through the use of MRIs that mediation can actually shrink the fear-portion of your brain and strengthen the higher-reasoning portions. This affect is cumulative; the more you meditate, the greater and longer-lasting the benefit.I have recommended this CD to anyone and everyone I know who has small children. The life lesson of learning to be calm and recognize that "thoughts are just thoughts and they don’t KNOW everything" sends an incredibly powerful message that I think benefits all children. I even gave our copy to my child’s teacher so she could use it in the classroom, because she said that all the kids are struggling to maintain calm as we get toward the end of the year. Now I’ll be purchasing a new copy for home, because we can’t be without it. :)

Wonderful! I couldn’t be happier with this book and the CD. My son is 12 and I recently got him into meditating to help with feelings of anger, fear, anxiety, etc. Each evening we listen to 1-2 (sometimes 3 if needed) meditations and he goes to sleep feeling much more calm and relaxed. I highly recommend this to any parent of a child who seems overwhelmed with life’s worries. There are some relaxing meditations as well for those nights when all is well and we just want a nice soothing intro to sleep. Some meditations seem meant for morning or daytime, but we always do them at night.

Really enjoy the exercises in this. We do them with the kids at story time at night. I find it sets the night up for a good night’s sleep. Also we’ve found these exercises to be useful for both kids and adults throughout the day as conflicts, issues, life occurs....

I cannot rave about this book enough. As the mom to children on the autism spectrum as well as children we adopted with PTSD and trauma issues, this book has been a HUGE help in our home to help bring calm during the chaos. Well written and the CD is a fabulous addition. I now recommend this on a daily basis to parents looking to help their kids learn how to calm themselves.

This book uses simple wordings and descriptions preferred by children to facilitate application of mindfulness to children . The audio exercises can be used immediately. I played them to my kids and they loved them! Moreover, on my kid has shown interest in the various mindfulness practice I mentioned, and we tried mindful eating, even trying out longer period of sitting meditation using audio from Jon Kabat-Zinn.Higgly recommended for parents and those who work with children.

In my opinion there is no better book available to teach children and there parents about mindfulness. CD with guided mindfulness exercises makes this a valuable asset for parents wanting to help their children with focus, attention and, self soothing for stress relief. Highly recommend!

This book has really helped us connect with our 6 year old daughter and give her tools to manage her thoughts and emotions. It has been especially helpful during a recent period of anxiety relayed to a traumatic event in our lives. Thank you!

My daughter and I regularly use "Balloon Breath" to calm ourselves down and focus on what is actually happening, as opposed to what feels like is happening. The book was a lot of fun, makes you laughs while you are learning.

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