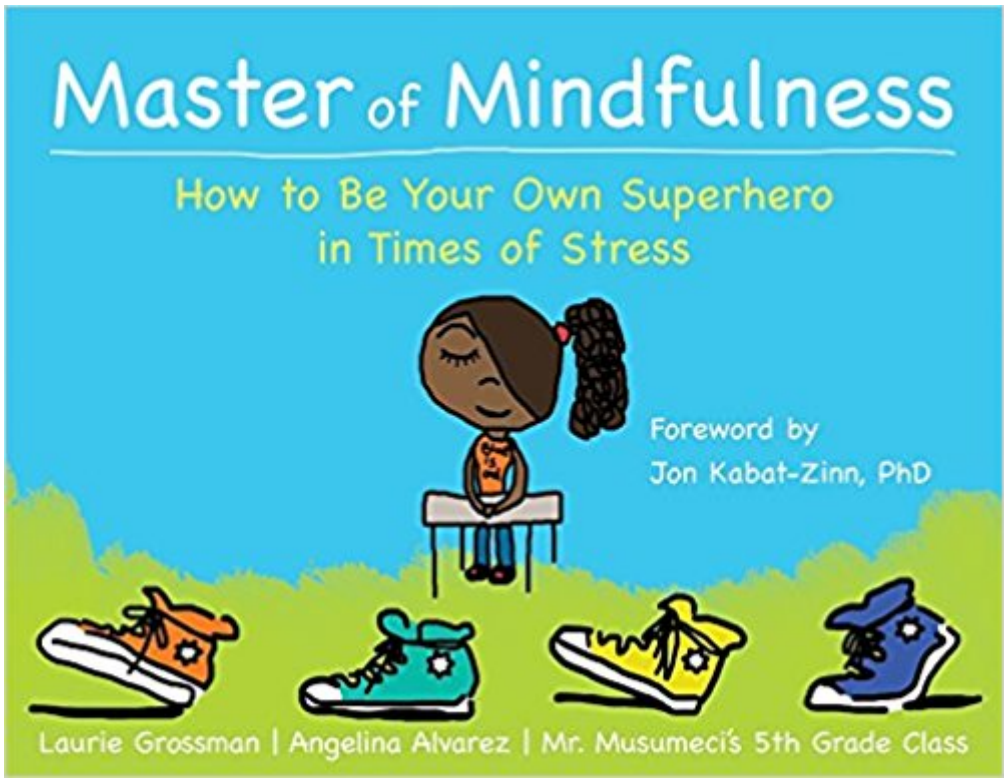
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Master Of Mindfulness: How To Be Your Own Superhero In Times Of Stress



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Synopsis

Faster than a speeding spitball, more powerful than a playground bully, able to breeze through homework and finish nightly chores in a single bound, itÃ¢â ¬â„¢s Master of MindfulnessÃ¢â ¬â •here to conquer stress, worry, and any trouble that comes your way!Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. Master of Mindfulness is a unique and empowering book written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so that you can be your own superheroÃ¢â ¬â •no matter what life throws your way!Childhood is supposed to be a carefree time, but the truth is that all kids have stressÃ¢â ¬â •especially when dealing with difficulties at school, at home, or with friends. Sometimes things happen in life that are hard, and you canÃ¢â ¬â„¢t stop thinking about them or you react too fast. You might be mad, sad, irritated, embarrassed, anxious, jealous, or even disappointed with yourself when things donÃ¢â ¬â„¢t go the way you wouldÃ¢â ¬â„¢ve hoped. And when youÃ¢â ¬â„¢re really upset, itÃ¢â ¬â„¢s hard to make good decisionsÃ¢â ¬â •you may end up doing something that you regret later or that gets you into trouble. You could probably use some helpÃ¢â ¬â •and fast!Ã¢â ¬â •but where can you turn? This book will give you the skills you need to bring up your own superpowers by showing you how mindfulness, like stopping to take a few deep, mindful breaths, can help you calm down and deal with things differently.Written by Laurie Grossman, cofounder of Mindful Schools and director of program development at Inner Explorer, and Mr. MusumeciÃ¢â ¬â„¢s fifth grade class at Reach Academy in Oakland, California, Master of Mindfulness presents helpful practicesÃ¢â ¬â •mindful activities proven to make it easier to pay attention, accept yourself and others, manage your anger, and even get to sleep at night. The book features cool, mixed media illustrations with real kidsÃ¢â ¬â„¢ drawings and stories about how mindfulness can help in different stressful situations. It even covers some of the brain science behind why mindfulness helps kids to feel better, stay in the present moment, be kind, and make good decisions. The book includes easy and fun practices, like mindful breathing, noticing your feelings, paying attention to your body, and mindful eating, as well as links to engaging audio recordings produced by Mr. MusumeciÃ¢â ¬â„¢s students. And once you become a master of mindfulness, you can help others by sharing your superpower and teaching them how to do it, tooÃ¢â ¬â •your parents, your teachers, and your friends.When things go wrong, or when you have scary thoughts or strong feelings, you may need help to sort it all out, no matter how old you are. Learning and practicing mindfulness can make it easier to deal with the issues you face every day by showing you how to tap into your own inner strength in times of stress.

So, why not use mindfulness and start being your own superhero today?

Book Information

Paperback: 72 pages

Publisher: Instant Help; 1 edition (March 1, 2016)

Language: English

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Product Dimensions: 10.8 x 0.3 x 8.2 inches

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Average Customer Review: 4.4 out of 5 stars 71 customer reviews

Best Sellers Rank: #3,596 in Books (See Top 100 in Books) #37 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health #63 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #92 inÃ Â Books > Medical Books > Psychology > General

Age Range: 5 - 12 years

Grade Level: Kindergarten - 5

Customer Reviews

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Ã¢â ¬Å“Given the landscape of todayÃ¢â ¬â„¢s teenÃ¢â ¬â„¢s mental and physical health difficulties, the earlier you can plant the seeds of mindfulness the stronger the roots become and the sprouts more prodigious. After working with thousands of teens in education and therapy, I believe that if they had been offered these skills earlier, they would have fared better and had stronger roots from which to approach and manage the landscape of todayÃ¢â ¬â„¢s adolescent. Master of Mindfulness gets it! It gets that these skills know no age boundaries, class boundaries, or race boundaries. Mindfulness helps children to fare well in this growing, fast-paced, and technologically stimulated lifescape that we call the 21st century. Bravo Grossman, Alvarez, Musumeci, and most prominently the 5th grade children!Ã¢â ¬Â• Ã¢â ¬â •Gina M. Biegel, MA, LMFT, researcher, author

of The Stress Reduction Workbook for Teens, founder of the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T) and Stressed TeensÃ Â programÃ¢â ¬Å“Master of Mindfulness brings such joy to the readerÃ¢â ¬â •students, teachers, parentsÃ¢â ¬â •by showing us the power of mindfulness to help young people cope with their own thoughts, their peers, their worldÃ¢â ¬â •more resiliently, more authentically, more creatively. These mindfulness-based tools mature studentsÃ¢â ¬â„¢ capacities to skillfully navigate their increasingly complex world as adults. A true gift.Ã¢â ¬Â• Ã¢â ¬â •Linda Graham, MFT, psychotherapist and author of Bouncing BackÃ¢â ¬Å“Safety is an embodied place that lives inside our physical self. Learning to experience safety is the first step in healing the behavioral and emotional effects of trauma and profoundly overwhelming life experiences. If we want to teach kids how to take charge of their lives, how to make wise choices, how to be empowered to realize their dreams, we first need to teach them how to feel safe. The transformative practice that the teachers and students describe in Master of Mindfulness is the cornerstone of building an internal safe place. Give a copy of this book to every kid you know!" Ã¢â ¬â •Marjorie Chaset, LMFTÃ¢â ¬Å“Imagine being able to feel clear and calm, even when things get tough. ThatÃ¢â ¬â„¢s what this wonderful book can teach you right nowÃ¢â ¬â •how to become a Master of Mindfulness! Kids, teens, and even adults can all strengthen their minds by learning how to focus attention in an open way on what is happening right now. Get ready and enjoy!Ã¢â ¬Â• Ã¢â ¬â •Daniel J. Siegel, MD, author of Brainstorm, and clinical professor at the University of California, Los Angeles School of MedicineÃ¢â ¬Å“Slowly but surely, a quiet revolution is taking place across the county. More and more folks are turning to the practice of mindfulness to cope with the stresses of modern life. Time and time again weÃ¢â ¬â„¢ve seen mindfulness deployed with great success in boardrooms, hospitals, and classrooms. But, as this book illustrates, mindfulness isnÃ¢â ¬â„¢t just for the adultsÃ¢â ¬â •students too, no matter the age, can benefit greatly from it. This proven practice can help our kids face a world of challenges with clarity and focus. The more our students know the ins and outs of how their own minds work, the better prepared theyÃ¢â ¬â„¢ll be to lead a fulfilling and productive life. I am extremely heartened to see Mr. MusumeciÃ¢â ¬â„¢s fifth-grade class taking on this project.Ã¢â ¬Â• Ã¢â ¬â •Tim Ryan, US representative, Ohio, and author of A Mindful NationÃ¢â ¬Å“As a leader in a large urban district, I have seen firsthand the positive impact of students having mindfulness experiences throughout the day. I have witnessed students, after learning the tools of mindfulness, stop themselves in a moment of stress, and practice breathing and visualizing with great success. This book, Master of Mindfulness, written by students for students, helps children understand how to use the tools of mindfulness on a daily basis. I highly recommend investing in this practice each and

every day with our students so that they can be resilient and successful in life.Ã¢â ¬Â• Ã¢â ¬â •Sara Stone, Network 1 deputy superintendent, Oakland Unified School DistrictÃ¢â ¬Å“The latest research in education and youth development talks a lot about the importance of character building, grit, social-emotional learning, non-cognitive skills, etc., to prepare young people for success in school, work, and life. This research names important skills such as awareness of oneÃ¢â ¬â„¢s feelings, empathy, and the ability to control oneÃ¢â ¬â„¢s behavior. But how do you promote these skills? In our work supporting the quality of expanded learning programs, there is no better practice than teaching young people the skills of mindfulness. We believe that this is an important book to build awareness about the power of mindfulness programs for schools and youth program leaders.Ã¢â ¬Â• Ã¢â ¬â •Sam Piha, LCSW, founder and codirector of Temescal Associates and the Learning in Afterschool & Summer ProjectÃ¢â ¬Å“Master of Mindfulness is a child-centric and beginnerÃ¢â ¬â„¢s introduction to the practice of mindfulness. Written by fifth graders with a little help from their mindful adult friends, Master of Mindfulness links a child's need to be mindful with practical applications for how a mindfulness practice might be used in the daily life of a child. How can mindfulness help in dealing with the powerful emotions that can sometimes overwhelm children? How can mindfulness help a young athlete or musician? How can mindfulness help a child deal with a sibling during a disagreement? And more. Full of funny illustrations and photos of children, this book would be helpful to any adult or teacher hoping to introduce mindfulness to children in a language that they understand and can use.Ã¢â ¬Â• Ã¢â ¬â •Scott Duyan, head of school, Presidio Hill School, San Francisco, CAÃ¢â ¬Å“This wonderful book is full of mindful wisdom taught from students who have used these profound practices themselves and are now teaching others. These simple and profound lessons will help youth to find balance, happiness, and lifelong mindfulness tools.Ã¢â ¬Â• Ã¢â ¬â •Daniel Rechtschaffen, author of The Way of Mindful Education and The Mindful Education WorkbookÃ¢â ¬Å“A delightful and masterful way to meet kids where they are when it comes to mindfulness. This is a book that truly honors Ã¢â ¬Ëœinner wisdomÃ¢â ¬â„¢ in a profound way by trusting that those who practice mindfulness (whether they are kids or adults) know the topic best. Using the defining theme of being our own Ã¢â ¬Ëœmindfulness superhero,Ã¢â ¬â„¢ Grossman, Alvarez, and the fifth graders in Mr. MusumeciÃ¢â ¬â„¢s class have created an engaging and enlightening resource for everyone. IÃ¢â ¬â„¢m going to start calling on my own shark fin regularly from now on!Ã¢â ¬Â• Ã¢â ¬â •Steven D. Hickman, PsyD, clinical psychologist; executive director of the University of California, San Diego Center for Mindfulness; and associate clinical professor at UCSD departments of psychiatry and family medicine and public health

Laurie Grossman, one of the founders of the mindfulness in education movement, has been an activist since 1975. She believes that mindfulness in schools is the tool most likely to help achieve social justice. Over the last two decades, she started two innovative programs: one that created partnerships between private and public schools, and one that brought mindfulness into schools. In 2007, as part of Park Day SchoolÃ¢â ¬â„¢s Community Outreach Program, she and two colleagues launched a pilot program of mindfulness in an Oakland, CA, elementary school that was covered in The New York Times and on NBC. Grossman is cofounder of Mindful Schools, now one of the largest mindfulness-in-education programs in the world. She currently works with Inner Explorer, an organization focused on bringing daily mindfulness practices into schools to improve educational outcomes and the well-being of children and teachers. She is passionate about Inner Explorer because the organization has made mindfulness scalable, providing easy and immediate access to every KÃ¢â ¬â œ12 classroom, anywhere, anytime. Mr. MusumeciÃ Â has spent two decades teaching, caring, and advocating for children in New York, NY, and Oakland, CA. As teacher at Reach Academy in East Oakland since 2009, he has been a proponent of mindfulness, and was delighted when one of his students suggested the class create a mindfulness superhero. His class was comprised of twenty-six wonderful, lively, and smart fifth graders who love mindfulness. Reach Academy is a transitional KÃ¢â ¬â œ5 school where the vast majority of students are on free and reduced lunch, and 99 percent of the students are children of color. Mr. MusumeciÃ¢â ¬â„¢s 5th Grade Class is excited to publish a book of their own about mindfulness for other kids because they have benefitted so much from the practice. Ã Â Designer Angelina Alvarez holds a degree in photography from the San Francisco Art Institute. She believes that every child should have the opportunity to grow up with a foundation of mindfulness practice. Alvarez works with Mindful Life Project in Richmond, CA, a nonprofit organization that teaches mindfulness, yoga, therapeutic art, and hip-hop/performing arts to elementary school students in underserved communities. Foreword writer Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is professor of medicine emeritus at the University of Massachusetts Medical School, and author of numerous books, including Full Catastrophe Living, Arriving at Your Own Door, and Coming to Our Senses.

little wordy for second graders but would probably be great for upper elementary

As described

My husband and I practice mindfulness meditation and this book has been a useful tool through which to help our son understand being in the moment. We have witnessed a positive change in his attitude and approach to challenging situations at school

This has been a great resource for introducing mindfulness to kids. I love that it is also written by kids. You might want to find additional supplemental material such as additional scripts for practice or audio tracks. But this is the book to start with.

Gave it to the Grand kids. It affords me time to read and discuss. They are young but grasping some concepts and it will only get better. Love learning from a young persons perspective. both from the book and the discussions.

I purchased this book to use in my student teaching program. The stories and illustrations are fantastic and give real life examples of when mindfulness worked for kids. I am excited to share this with my family and my new classroom when I am a teacher.

Good read for kids to manage difficult situations. But a little to busy with pictures and background.Could have easily been more serene / peaceful.

I gave this book to my 10 and 8-year-old children and they liked it very much. They are practicing mindfulness (sometimes). I would recommend this book.

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