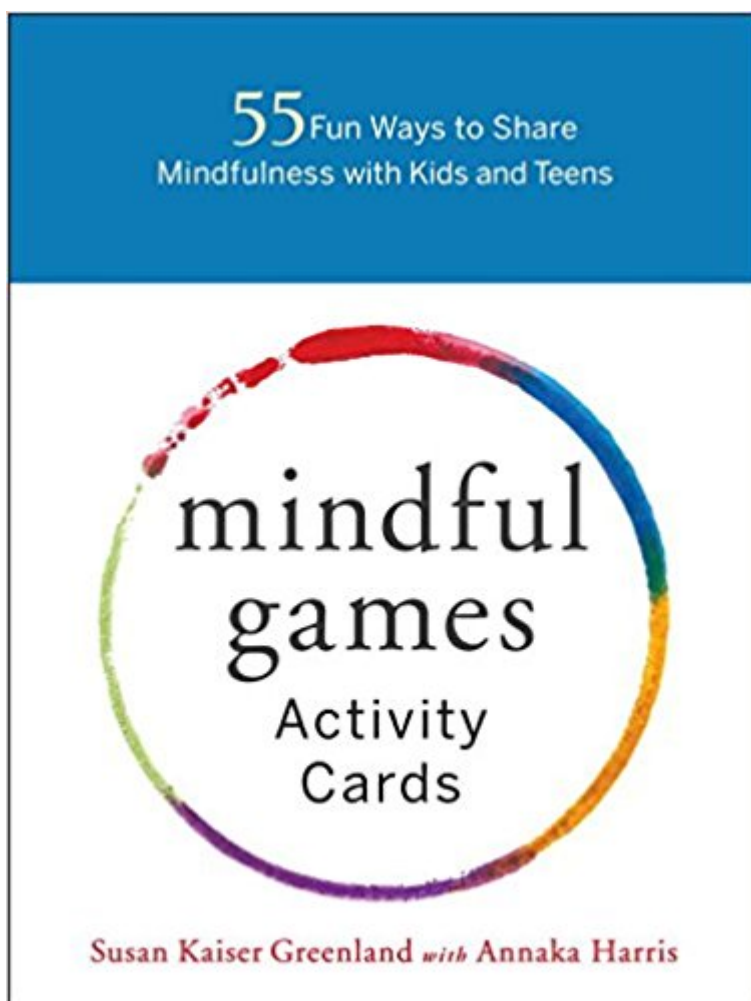


The book was found

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



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 of *Mindful Games* and *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

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Relationships > Family Activities #15 in *Books > Health, Fitness & Dieting > Alternative Medicine > Meditation* #19 in *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 byÂ The New York Times,Â theÂ Los Angeles Times, USA Today,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 bookÂ I Wonder.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 balloon 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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Games: Sharing Mindfulness and Meditation with Children, Teens, and Families Family Games: Fun Games To Play With Family and Friends (Games and Fun Activities For Family Children Friends Adults and Kids To Play Indoors or Outdoors) 365 Manners Kids Should Know: Games, Activities, and Other Fun Ways to Help Children and Teens Learn Etiquette Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Tracing is FUN : Tracing Activity Book For Preschool (Vol.3) (Kids Fun Activity Book Series) Tracing Is Fun (Tracing Activity Book For Preschool) - Vol. 4 (Kids Fun Activity Book Series) Wipe Clean Flash Cards ABC (Wipe Clean Activity Flash Cards)26 cards Brainiac's Secret Agent Activity Book: Fun Activities for Spies of All Ages (Activity Books) (Activity Journal Series) Tarot: Tarot Cards & Clairvoyance - How to Read Tarot Cards Like a Pro: A Power Packed Little Guide to Easily Read Tarot Cards (Tarot Cards, Astrology, ... Reading, Hypnosis, Clairvoyance Book 1) Travel Games for Adults: Coloring, Games, Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two, Scavenger Hunts, ... Word Search, Word Scramble and more Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More The Big Fun Kindergarten Activity Book: Build skills and confidence through puzzles and early learning activities! (Highlights®, Big Fun Activity Workbooks) The Big Fun Preschool Activity Book: Build skills and confidence through puzzles and early learning activities! (Highlights®, Big Fun Activity Workbooks) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Friendship Bracelets 101: Fun to Make, Fun to Wear, Fun to Share (Can Do Crafts) Owl Kids Coloring Book +Fun Facts to Read about The Little Owls Night & Day: Children Activity Book for Boys & Girls Age 3-8, with 30 Fun Colouring ... (Gifted Kids Coloring Animals) (Volume 9) Shark Kids Coloring Book +Fun Facts about Sharks of the World: Children Activity Book for Boys & Girls Age 3-8, with 30 Super Fun Coloring Pages of ... (Gifted Kids Coloring Animals) (Volume 8) Cat Kids Coloring Book +Fun Facts about Cats & Kittens: Children Activity Book for Boys & Girls Age 3-8, with 30 Super Fun Coloring Pages of These ... (Gifted Kids Coloring Animals) (Volume 6)

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