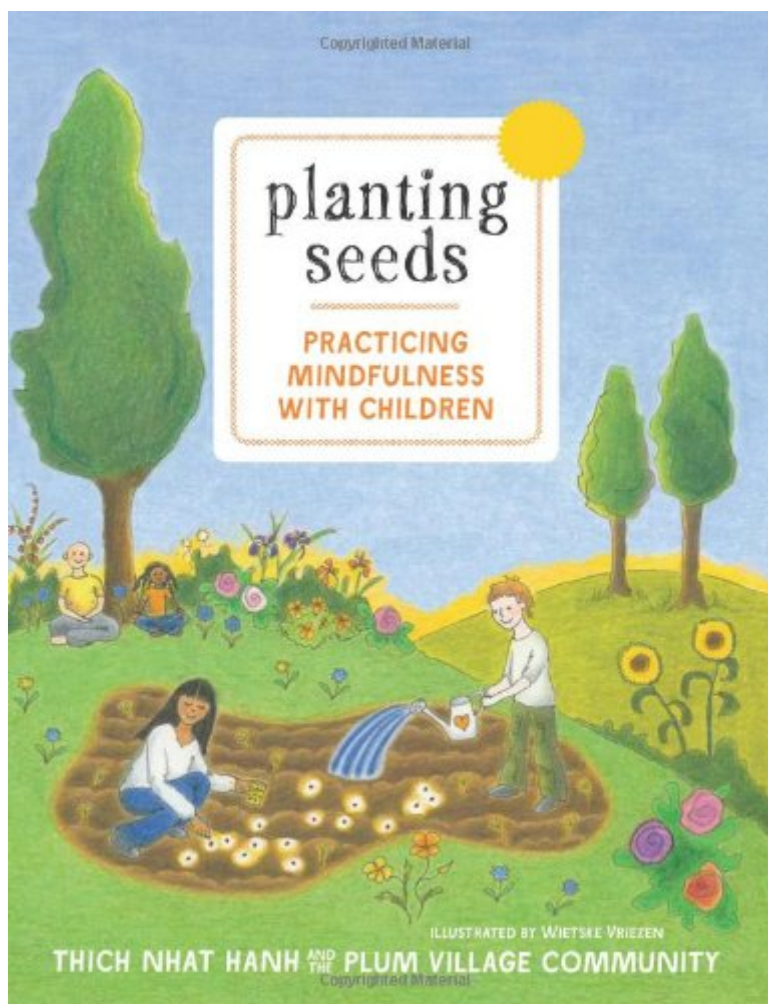


Planting Seeds: Practicing Mindfulness with Children PDF



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Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh ISBN 1935209809

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication.

Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and

inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included are the lyrics to the songs on the enclosed CD that summarize and reinforce the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group.

Planting Seeds: Practicing Mindfulness with Children Review

This Planting Seeds: Practicing Mindfulness with Children book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Planting Seeds: Practicing Mindfulness with Children without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Planting Seeds: Practicing Mindfulness with Children can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Planting Seeds: Practicing Mindfulness with Children having great arrangement in word and layout, so you will not really feel uninterested in reading.