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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.” — Children’s Books Daily

Sitting Still Like a Frog: Mindfulness Exercises for Kids ... Read by Myla Kabat-Zinn. The audio exercises included with *Sitting Still Like a Frog* are based on mindfulness-training exercises for adults and developed especially for children and their parents. They form the core of learning to be more mindful at different times throughout the day. You can do the exercises together with your child or children. Some kids like to do the exercises on their own, and many parents love doing the exercises themselves.

Sitting Still Like a Frog | Shambhala

Eline Snel's *Sitting Still Like a Frog* has helped thousands of children around the world to become more relaxed and attentive, more aware of their bodies and emotions, and more open toward others. This book is packed with entertaining and useful activities that children ages 4–8 can do alone or with a parent, including: •

Fun yoga exercises

Sitting Still Like a Frog Activity Book: 75 Mindfulness ...

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel is a non-fiction book for parents that is scheduled for release on December 3 2013. This book offers encouragement, examples, and practical exercises for those that are willing to use simple mindfulness practices to help children between the ages 5-12 deal with anxiety, improve concentration, and handle difficult emotions.

Sitting Still Like a Frog: Mindfulness Exercises for Kids ...

Order 25+ copies of *Sitting Still Like a Frog: Mindfulness Exercises for Kids (And Their Parents)* by Eline Snel, Jon Kabat-Zinn, and Myla Kabat-Zinn at wholesale pricing. No account needed to order. Free USA shipping.

Sitting Still Like a Frog: Mindfulness Exercises for Kids ...

"Sitting Still Like a Frog introduces the basics of mindfulness to children in an easy-to-understand and playful way. It guides children in the cultivation of presence: presence of mind, presence of heart, and presence in the body. This is something we are all capable of but usually don't cultivate

intentionally.

Sitting Still Like a Frog - Shambhala Publications

Downloadable guided audio for kids and adults. Guided reading assignments with downloadable PDFs from *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* Exercises to help you integrate the teachings into your daily life and interactions with children. Unlimited access on your computer, mobile device, or tablet—learn at your own pace wherever and whenever works best for you.

Sitting Still Like a Frog | Prajna Studios

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Shambhala Publications ...Exercise 1 - Sitting Still Like a Frog by Shambhala ...Sitting Still Like a Frog teaches children mindfulness through an amphibious friend who sits very still and breathes—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."—[Sitting Still Like a Frog: Mindfulness Exercises for Kids](#) ...Sitting Still Like A Frog. 4.15 (1,284 ratings by Goodreads) Paperback. English. By (author) Eline Snel. Share. Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn. [Sitting Still Like A Frog](#) : Eline Snel : 9781611800586 Our video is based on the famous book, "Sitting Still Like A Frog" by Eline Snel with a foreword by Jon Kabat Zinn. It is best done in the night or before going to school, at calm centres or even before a big exam. It is a

fun introduction to mindfulness meditation for children and their parents. [Sitting Still Like A Frog - fablefy](#) Her book, [Sitting still like a Frog, Mindfulness for children \(5-12 years old\)](#) and their parents, has been published in 33 countries and more than 600.000 copies have been sold. [Exercise 1 - Sitting Still Like a Frog by Shambhala](#) ... [Sitting Still Like a Frog](#) teaches children mindfulness through an amphibious friend who sits very still and breathes—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."—[Sitting Still Like a Frog Activity Book: 75 Mindfulness ...](#) " [Sitting Still Like a Frog](#) introduces the basics of mindfulness to children in an easy-to-understand and playful way. It guides children in the cultivation of presence: presence of mind, presence of heart, and presence in the body. This is something we are all capable of but usually don't cultivate intentionally.

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