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Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families PDF



sharing mindfulness and meditation
with children, teens, and families

Susan Kaiser Greenland
Author of The Mindful Child

by Susan Kaiser Greenland : **Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families**
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Description :

PDF-ce1e6 | A playful approach for cultivating mindfulness in kids, with sixty simple games to develop attention and focus, and identify and regulate emotions--by the author of The Mindful Child.

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. Susan Kaiser Greenland has had a lot of success bringing mindfulness to the classroom, and i... *Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families*

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