



Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

Kira Willey , Anni Betts (Illustrator)

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Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.

Based on Kira Willey's Parents' Choice GOLD Award-winning CD, *Mindful Moments for Kids*, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Details

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From Reader Review Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere for online ebook

Dana says

With quick and easy techniques, this is a delightful book to help develop mindfulness--and shhhh don't tell, but it is quite enjoyable for adults too! Also, the illustrations are absolutely adorable.
