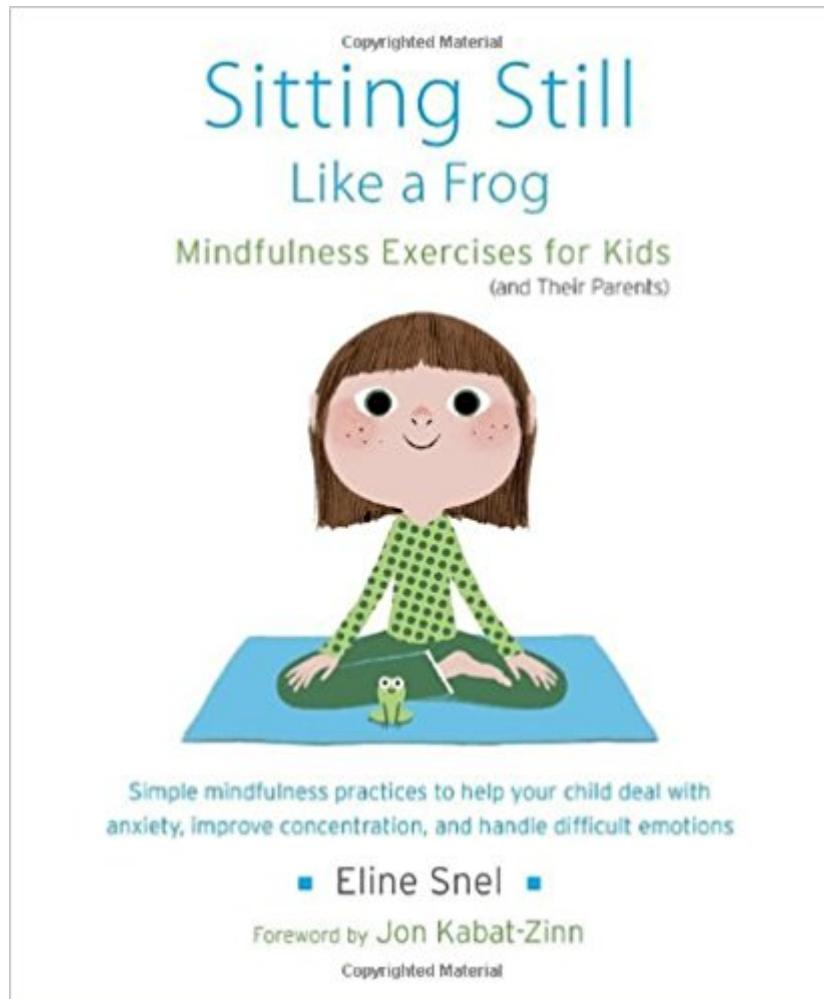


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# Sitting Still Like A Frog: Mindfulness Exercises For Kids (and Their Parents)



## **Synopsis**

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. Mindfulness "the quality of attention that combines full awareness with acceptance of each moment, just as it is" is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and 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. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.

## **Book Information**

Age Range: 5 and up

Paperback: 112 pages

Publisher: Shambhala; Pap/Com edition (December 3, 2013)

Language: English

ISBN-10: 1611800587

ISBN-13: 978-1611800586

Product Dimensions: 6 x 0.3 x 7.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (191 customer reviews)

Best Sellers Rank: #956 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #13 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #19 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## **Customer Reviews**

This is my first review for a product I have purchased on . I feel so strongly about it that I felt the need to write and encourage other parents to try it. We have been using this CD daily for over 3 months. It has created an almost miraculous change in helping my severely anxious child learn to calm himself down. This book has literally changed my child's life. I feel like a proselytizer when I tell

people about it, but I feel strongly enough about it that I don't even care. ;)  
I have a young elementary-aged child with anxiety so extreme that in the past, it was interfering with him falling asleep at night. We would do the whole bedtime-routine, I would turn out the light and leave the room and then he would spend up to 3 hours walking in circles in his bedroom until he fell over from exhaustion. He simply did not know to "turn off his brain" so that he could sleep. We tried many different things to help him calm down: hot baths, massages, reading books until he fell asleep, etc. None of them really worked. Recently his therapist recommended that we try some "mindfulness" training. I had the vague idea that mindfulness meant focusing on gratitude, taking some deep breaths, etc., but I had no idea how to teach that skill to a child. I started looking on for books on mindfulness and stumbled upon this Book/CD set. I ordered it, along with some of the Indigo Dreams CDs and crossed my fingers that something might help. When the book and CD arrived, I skimmed the book and was totally unimpressed. I didn't even bother to finish reading it, because it came across as dry and boring. But the CD...that's another thing.

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