



Mindfully Me!

By Licsw Ann O Sullivan

Lulu.com, United Kingdom, 2012. Paperback. Book Condition: New. 216 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfully Me is a playful book for ages 4 to 10, to assist children with anxiety, mood management, or focusing issues. Designed for use by therapists, counselors, and parents, Mindfully Me is a simple tool to help children learn about the concept of mindfulness. Presented in a playful poem, Mindfully Me teaches them this clinically effective practice of soothing the mind, and re-focusing thoughts on the present moment. Mindfully Me is fun to read, easy to understand, and includes playful methods of mindfulness practice; namely, focusing on the environmental input of the present moment, along with structured breathing. Practiced regularly, children can access a calming state any time they are feeling overwhelmed. The ever-growing concept of mindfulness has been utilized by adults for years, but can be difficult to conceptualize for young children, whose natural state is mindful, until stress overwhelms them. Mindfully Me provides a simple and fun introduction to this concept for young children.



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