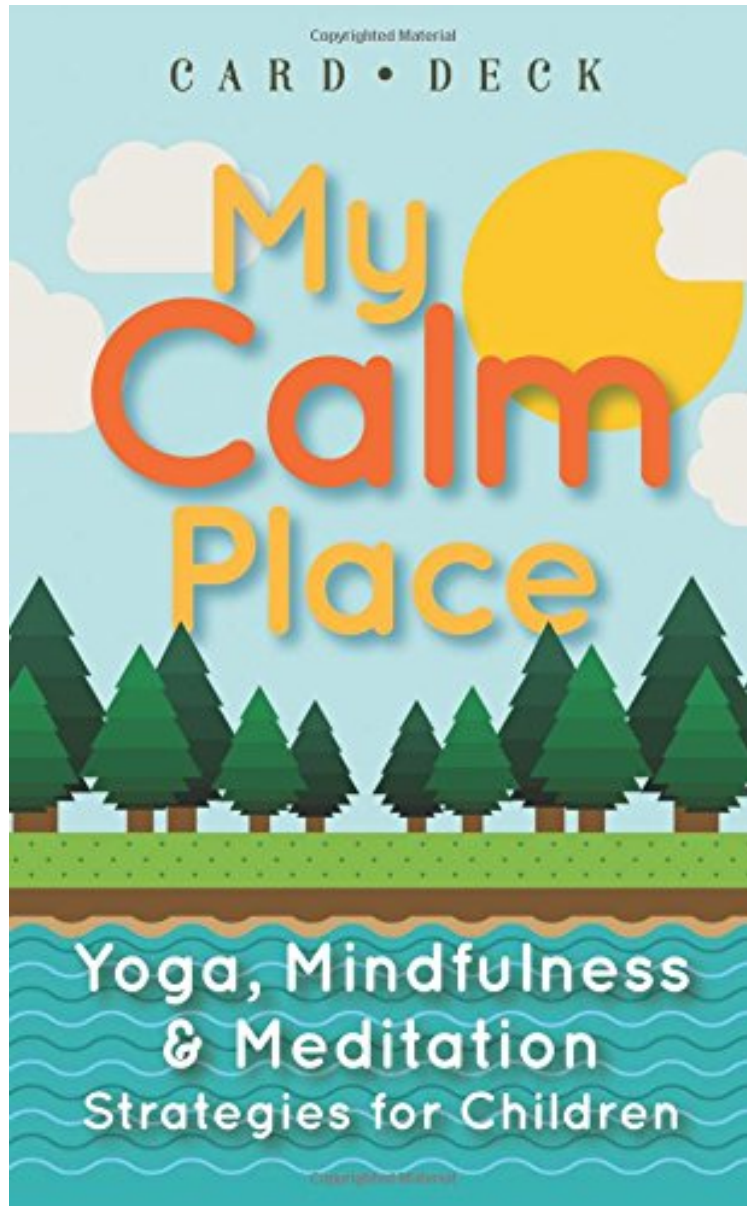


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## My Calm Place: Yoga, Mindfulness Meditation Strategies for Children

*Barbara Neiman, Sheila Lewis*  
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**Barbara Neiman, Sheila Lewis : My Calm Place: Yoga, Mindfulness Meditation Strategies for Children** before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Calm Place: Yoga, Mindfulness Meditation Strategies for Children:

4 of 4 people found the following review helpful. Multipurpose Mindfulness cards are simply wonderful!By Fiction FoxThis amazing card deck is a tool for growth. It combines techniques of yoga, mindful thought, creative visualization and breathwork, and the exercises are clear and helpful. I can see applications in classrooms, places of worship, the home and even therapy offices. The cards were designed for use with children, yet I think many of the cards could also help adults! Similar to yoga, the cards gently ask the participant to do something seemingly easy like to stack your fists and rest your head on them when stressed out, and then imagine yourself descending a staircase to unwind. One of my favorites is called Melt the Grumpy. I could benefit from that technique at moments during my own days. But seriously, I love these cards!3 of 3 people found the following review helpful. Better Than The Fish TankBy andreaThese cards are incredibly helpful when working with children. Adults can benefit as well. "My Calm Place Cards" are terrific reminders and mantra's for children to focus on - instead of their fears. Whether you are a teacher, a mother, a practitioner, a doctor, or a tutor, I highly suggest you carry these cards with you or keep a few decks in your office. They are better than the fish tank we loved at the dentist office - these too can be a catalyst for calming us down - plus they are more interactive. GREAT JOB SHEILA and BARBARA..2 of 2 people found the following review helpful. Excellent deck of cards to use when working with people with autismBy Tatjana ObradovicMs. Sheila Lewis gave a lovely presentation at Special Citizens Futures Unlimited, Inc. Day Habilitation Program and Joseph DeClemente Residence.Special Citizens is an agency which provides services to adults with autism for 40 years now.Judging from the comments of staff and people we support who attended, the presentation was very successful. It was the first time we had an advocate being a coauthor and a presenter for our community.We have been using the cards to motivate movement, calming and connection with the people we support. Cards are practical to use with a help form staff or independently in the daily lives of men and women we support.I am looking forward to contemplating with you soon in the near future.

My Calm Place card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.