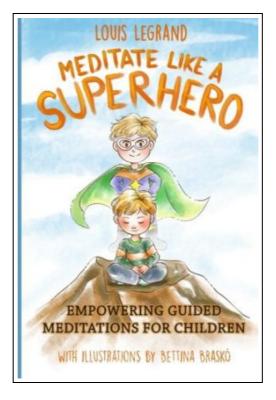
Meditate Like a Superhero: Empowering Guided Meditations for Children (Paperback)



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Reviews

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think. (Gunner Labadie)

MEDITATE LIKE A SUPERHERO: EMPOWERING GUIDED MEDITATIONS FOR CHILDREN (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Bettina Brasko (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Finally good guided meditation scripts for kids! An immersive superhero universe Even if meditation is of great benefits for children, it remains a practice that most of the time requires discipline and efforts. On the contrary to the above, this guidedseries offers an immersive superhero universe so that children can enjoy every moment of their journey to discover their superpower. Enchanted visualizations The main technique used in this book consists of amusing and deep visualizations that foster kids imagination and implication. Yet the images that are used are very simple and easy to remember, so children can use the techniques they have learned at any moment they deem it necessary. Kids may even encounter sweet characters along the way and ask you to come up with other sessions of meditation for them so they can meet these characters again! Meditation for every aspect of life This book is supercharged with no less than 16 sessions that cover a wide range of topics related to the well-being of children. You Il be able to teach kids positive energy techniques based on deep breathing, body scan, mindful eating or even active listening. Ways to cope with negative feelings such as fear and loneliness will be presented, as well as practices that enhance empowering feelings like confidence, energy, gratitude, love, patience, and creativity. Easy-to-guide, flexible meditation scripts This book is particularly aimed at parents and educators who aren t new to mindful practices but struggle to find entertaining and transformative scripts to guide kids through such practices. However, if you have never meditated yet, this book will still be a good choice for you to discover mindful activities to experience...



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