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By Debra Burdick

Pesi Publishing Media, United States, 2014. Paperback. Condition: New. Workbook, Work Papers. Language: English . Brand New Book. Finally -- a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents. Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straightforward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens. This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Perfect for mental health practitioners, teachers and all in the helping professions. - Tools for explaining mindfulness and neurobiology in kids language - Activities, games, and meditations that build basic through advanced mindfulness skills - Step-by-step instruction on teaching and practicing mindfulness, meditation and reflection - Guidance on choosing age appropriate skills - How to apply mindfulness skills to specific childhood mental health disorders - Journal prompts to help integrate learning - Goal-setting charts for tracking progress - Downloadable worksheets, exercises and reflections.



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