

Take The Time: Mindfulness For Kids By Maud Roegiers

By Maud Roegiers

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Planting Seeds: Practicing Mindfulness with Children by Thich Nhat Hanh, 2011; Take the Time: Mindfulness for Kids by Maud Roegiers, 2010;

These are just a few of my favourite resources: Books. Mindfulness/Buddhist Teachings. Take the Time: Mindfulness for Kids, Maud Roegiers; The Three Questions

Get this from a library! Take the time : mindfulness for kids. [Maud Roegiers] -- Via rhythms and imagery, guides a child toward self-awareness and mindfulness, tools

Author: Maud Roegiers publisher: Magination Press, Take the Time: Mindfulness for Kids - What do you notice when you take the time to stop, listen, and experience?

With gentle rhythms and soothing imagery, Take the Time guides kids toward self-awareness and mindfulness. And when any old day feels topsy-turvy, mindfulness tools

By Maud Roegiers - Take the Time: Mindfulness for Kids (3/16/10) [Maud Roegiers] on Amazon.com. *FREE* shipping on qualifying offers.

For younger children, Take the Time: Mindfulness for Kids is a great book to introduce the concept of mindfulness in a simple way. One Simple Act at a Time;

Gratitude and mindfulness is a very direct antidote to grumpiness. Try one of these practices right now.

Maud Roegiers is the author of Take the Time (3.85 avg rating, 33 ratings, 9 reviews, published 2010) and Princesse qui p te Maud Roegiers s Followers (1)

Mindfulness Books for Children: A Handful of Quiet; Happiness in Four Pebbles by Thich Nhat Hanh. Take the Time; Mindfulness for Kids by Maud Roegiers.

Barnes & Noble

Fishpond Australia, Take the Time: Mindfulness for Kids by Maud Roegiers. Buy Books online: Take the Time: Mindfulness for Kids, 2010, ISBN 1433807963, Maud Roegiers

Take the Time: Mindfulness for Kids. By Maud Roegiers \$9.95.
Everything Kids Environment Book: WDC Wish List

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