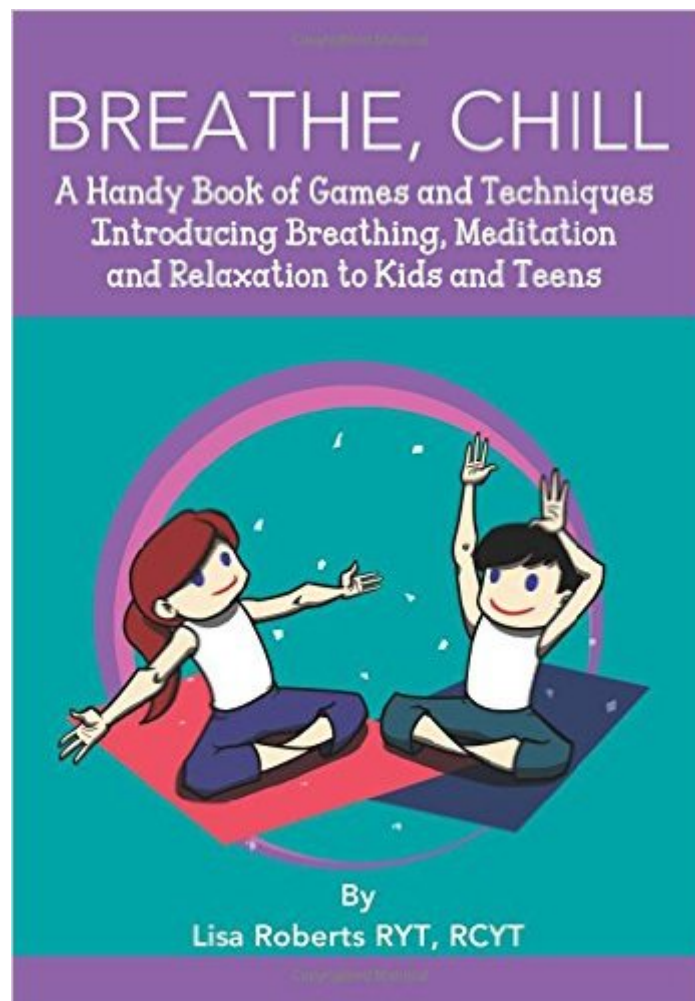


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# Breathe, Chill: A Handy Book Of Games And Techniques Introducing Breathing, Meditation And Relaxation To Kids And Teens



## Synopsis

It has been well documented in adults that taking time out for a little R&R or short meditation break can reduce stress and increase productivity. Well, it is no different for kids! And with the over stimulated lifestyles they lead today, it could be just what the doctor ordered. *Breathe, Chill* " A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens is a valuable and practical resource for those who work with or have children in their lives. Like disguising broccoli in chocolate sauce, *Breathe, Chill* presents 70 engaging breathing, meditation and relaxation activities adapted for children of all ages. Some exercises offer an outlet for tension or stress, while others stealthily teach deep breathing skills, present moment awareness and relaxation | But, sshh, don't tell them it's good for them! Organized simply into three sections " Breath Play, Breathing Techniques, and Relaxation and Meditation Techniques " and presented in a fun yet factual, kid-friendly language, each exercise is broken down in the same simple format: What is it? How does it help me? How do I do it? Adapted from traditional meditation and yoga techniques, ancient wisdom is served up in a way that is fun and accessible to all. Written by Lisa Roberts, a registered yoga teacher (RYT), registered children's yoga teacher (RCYT), and certified children's yoga therapist, *Breathe Chill* is a compilation of simple instructional handouts the author created for the pediatric patients she works with at a major children's hospital.

## Book Information

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## Customer Reviews

What a terrific book "Breathe, Chill" is and how lucky we are that Lisa Roberts gave us the gift of writing it. As a grandmother of young children living in a way too busy northeastern city, my

daughter had asked me last year to find some calming, yoga-type exercises she could offer to her children. Although other books are out there, I searched and searched but came across nothing that really seemed quite right. And then I finally found "Breathe, Chill". Roberts has written a book that not only is complete (and I mean complete!), but it is easy to read, accessible to everyone, and fun. She has included the philosophy behind each exercise, detailed explanations of what to do, a list of everything needed, cute drawings, and helpful tips. The book covers healthy posture tips, breathing, meditation, and relaxing techniques--in short, just what all kids (and adults) need to experience calmer, more focused, and healthier lives. I was thrilled to find this book to give to my daughter, but found that I then needed a second copy for myself! Thank you, Lisa Roberts.

Loved the three sections of the book, anyone that has or works with children could use it straight away with simple explanations of fun breath games to share with little ones , breathing techniques for older kids and then relaxation and meditation techniques for kids that understand how we can use the breath to calm and relax our mind body and spirit ...I will be sharing this book with my friends with kids, friends in nursing , education and health care work and my yoga teachers . Can't wait to use the body scan and 61 point meditation myself .

This book is a compilation of games and techniques to share with kids of all ages, helping them learn to relax and unload their stress. It would be an excellent resource for parents, teachers, pediatric nurses, and childcare providers. Kids struggle with stress the same as adults do, there is so much pressure on them to perform and be at the top of their game daily. The games and techniques in this book are easy to play and can help kids calm down naturally and get themselves in a learning mode. The breathing techniques are a quick and easy way to feel better and they're great for grown-ups too! The meditation techniques help one learn to center and focus your attention where it needs to be in the moment. This is an awesome book!

Breath, Chill is an excellent starter practice guide to give children and teens some vital stress-reducing exercises (mainly deep breathing and various movements) that he and she can do daily. While some of the techniques may be too advanced for younger children, with some adult guidance, the advanced techniques can be achieved. I instruct an Anger Management series for youth and have found the various techniques useful, especially when introducing first introducing these skills. Most of my kids seem to enjoy the exercises and practice them often. Highly recommended.

This is seriously the book I have been waiting for! As a yoga teacher and a preschool teacher, I've struggled to find the perfect book to teach kids about mindfulness. "Breathe, Chill" provides easy to follow instructions and practical ways to incorporate breathing and meditation in life. The kids I teach have so much fun trying new breathing techniques AND report using them in real life!! Highly highly recommend for teachers and families!

I teach yoga to my preschoolers with special needs and we also practice Conscious Discipline (all about breathing to help kid's and adults regulate and solve social problems...check it out too!). I was looking for different ways to help my young students understand what it means to breathe. Many kid yoga books will tell you it isn't easy and I agree. But this book has tons of great suggestions and good pictures to help the adults understand the directions. I immediately put some of the techniques to use and can already see a difference. I have done a lot of research and have many yoga books for youngsters, but this is a good comprehensive one on breathing that is a must for a kid's yoga class.

Roberts focuses on the key aspects of yoga that tend to have the most benefit â “ breathing, meditation and relaxation. The drawings are clear and engaging. Her instructions are accurate and easy enough for a novice to follow. I appreciate the work she has done here to gather such valuable techniques into this accessible guide. Weâ™ve just added it to our recommended resources as this book is a handy go-to guide for anyone interested in promoting a childâ™s well being.

Fun book teaching habits that will benefit child their entire lifetime

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