



## Teaching Mindfulness Skills to Kids and Teens (Hardback)

By -

Guilford Publications, United States, 2015. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Packed with creative, effective ideas for bringing mindfulness into the classroom, child therapy office, or community, this book features sample lesson plans and scripts, case studies, vignettes, and more. Leading experts describe how to harness the unique benefits of present-focused awareness for preschoolers, school-age kids, and teens, including at-risk youth and those with special needs. Strategies for overcoming common obstacles and engaging kids with different learning styles are explored. Chapters also share ways to incorporate mindfulness into a broad range of children s activities, such as movement, sports, music, games, writing, and art. Giving clinicians and educators practices they can use immediately, the book includes clear explanations of relevant research findings.



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