

Breathe Like A Bear

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Breathe Like a Bear: 30 Mindful Moments for Kids to Feel ...

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at s

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Based on Kira Willey's Parents' Choice GOLD Award winner Mindful Moments for Kids, Breathe Like a Bear is sure to help kids find calm, gain focus, and feel energized during the day, while also encouraging families to establish fun and consistent mindfulness practices, whether at home or on the go.

Breathe Like a Bear: Storytime and Exercises

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Book Trailer "Breathe like a Bear" by Kira Willey - YouTube

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Breathe Like A Bear: 30 Mindful Moments for Kids to Feel ...

BREATHE LIKE A BEAR: 30 MINDFUL MOMENTS FOR KIDS TO FEEL CALM AND FOCUSED ANYTIME, ANYWHERE by Kira Willey, illustrated by Anni Betts, is a gorgeously illustrated gem of a book. Willey organizes her mindfulness practices into five sections, each of which has a brief introduction: Be Calm, Focus, Imagine, Make Some Energy and Relax, with each practice receiving a generous two page spread.

Amazon.com: Breathe Like a Bear: 30 Mindful Moments for ...

"Breathe like a Bear" is written by Kira Willey, a children's music artist and kids yoga expert. Kira provides enjoyable, engaging activities children will love. The book's focus on fun, rather than lots of explanations about the mindfulness message, makes it especially appropriate for young children.

Breathe Like a Bear: 30 mindful moments for kids to feel ...

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Breathe Like a Bear is a guide to mindfulness and meditation for children aged 4-8. Through 30 simple and beautifully illustrated activities and mindfulness exercises, Breathe Like a Bear helps kids to manage their bodies, breath and emotions. show more. Product details.

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Breathe Like a Bear is a beautifully illustrated, age appropriate guide to mindfulness. Kids and their parents will enjoy and benefit from these playful ideas to help kids connect to themselves. The exercises are broken into the five different categories of Be Calm, Focus, Imagine, Make Some Energy, and Relax.

Breathe Like a Bear | Puppy Dogs & Ice Cream Blog

"Breathe like a Bear" is a book written by Kira Willey and illustrated by Anni Betts that teaches 30 breathing and body break exercises to help you feel calm and focused. These activities and exercises are

great for adults too. These are two of my favourites: "Bear Breath" and "Hot Chocolate" ...

Breathe Like a Bear (Video 2018) - IMDb

"Breathe Like a Bear is a beautiful guide to mindfulness. Parents, teachers, caregivers-- and especially kids--will love the different ways to explore mindfulness and breath through animals and story in Breathe Like a Bear. Both lyrical and practical, this much-needed book will help children navigate the world around them!"

Mindfulness Moments for Kids: Breathe Like a Bear by Kira ...

This beautifully illustrated collection of mindfulness exercises is designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all,... Watch Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Online | Vimeo On Demand on Vimeo

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Breathe Like a Bear: 30 Mindful Moments for Kids to Feel ...

"Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere" Written by Kira Willey, illustrated by Annie Betts.

Mindfulness Moments for Kids: Breathe Like a Bear : Kira ...

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Breathe like a bear - The Unshelved Librarian

Directed by Andy T. Jones. With Charon Normand-Widmer. Teach your little ones to relax and focus with this collection of calming exercises.

Breathe Like a Bear : Kira Willey : 9781789561159

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