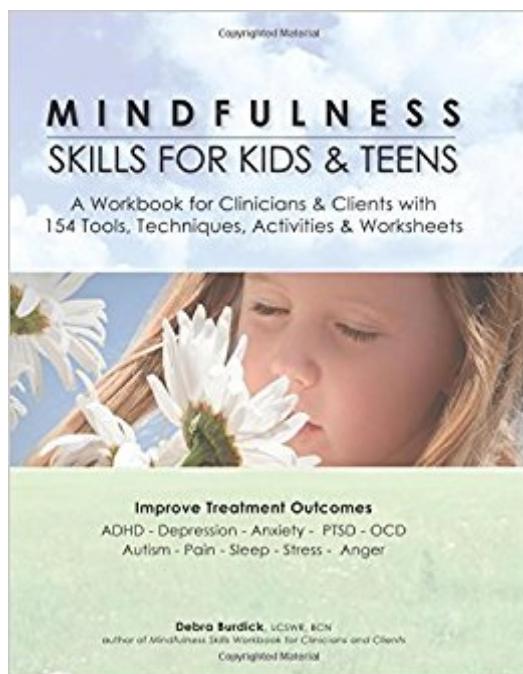


The book was found

Mindfulness Skills For Kids & Teens: A Workbook For Clinicians & Clients With 154 Tools, Techniques, Activities & Worksheets



Synopsis

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 straight-forward 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

Book Information

Paperback: 296 pages

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Product Dimensions: 8.5 x 0.7 x 11 inches

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Average Customer Review: 4.4 out of 5 stars 19 customer reviews

Best Sellers Rank: #30,962 in Books (See Top 100 in Books) #37 in Books > Medical Books > Psychology > Adolescent Psychology #40 in Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #105 in Books > Medical Books > Psychology > Clinical Psychology

Customer Reviews

"This is an amazing, practical addition to the growing resources to help children and adolescents with a range of neurodevelopmental and emotional difficulties develop specific skills to manage stress, tolerate frustration, and gain more awareness of blocks to obtaining what they want in life."

-->b>Laurie C. Dietzel, Ph.D., Co-Author, Late, Lost, & Unprepared" She takes you through all ages and stages of development with specific directions on how to use and implement her mindfulness

techniques. This coupled with the explanation of neuroscience adds to the richness and beauty of this amazing book." --Susan P. Epstein, LCSW , Author of 55 Creative Approaches for Challenging & Resistant Children & Adolescents: Techniques, Activities, Worksheetsand Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents"With our fast paced world, mindfulness has been left out of the equation in our homes and in our schools. Debra is taking it back to basics in her brilliantly written book that makes neurobiology fun and easy to understand!" --Julie Kleinhans, Confidence and Youth Empowerment Expert

Debra Burdick, LCSWR, BCN, also known as The Brain Lady, is the author of the best-selling Mindfulness Skills Workbook for Clinicians and Clients. She is an international speaker, psychotherapist and neurotherapist who has been teaching mindfulness skills to her clients for more than 25 years.

This book is not only for clinicians and clients, it is also for teachers. It is absolutely AMAZING if you are looking for mindfulness activities for kids and adolescents. I have used many of the activities and the teens just love them! Thank you Debora! You now need to change the title of your book to Mindfulness Skills for kids & teens. A workbook for clinicians, clients & TEACHERS with 154 tools, techniques, Activities & worksheets. I will be promoting your book this Friday at the Canadian Mental Health Conference here in Ottawa.

I'm implementing a mindfulness program at a middle school and needed some additional curriculum to be used. There are tons of activities in this book and can easily be pulled for a classroom setting.

Activities could be change to fit a group setting. Detailed enough to learn about mindfulness and simple enough to follow and put into practice.

Good resource.

love it

I found some fabulous activities to use with my students who are challenged with emotional disorders.

Content is great, but Kindle version means the worksheets are useless

Lots of great information and exercises.

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