



Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

Kira Willey , Anni Betts (Illustrations)

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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 school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, *Mindful Moments for Kids*, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Details

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Author : Kira Willey , Anni Betts (Illustrations)

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From Reader Review Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere for online ebook

Patsy says

This book has breathing/mindfulness exercises for every occasion.

Valleri says

The illustrations which go along with each meaningful, mindful suggestion are just as calming as the words themselves. I would highly recommend this book to any child due to its empowering nature and adorable pictures.

Ann Santori says

Really well written to make mindfulness concrete and within the abilities of young children (e.g., imagine you're blowing out a candle) and beautiful illustrations.

Michelle Hope says

Full of wonderful exercises for breathing, positivity, energy, focus, stretching, and other important skills. The exercises help kids use their imagination, engaging mind and body in various ways. The illustrations and design are beautiful and cute!

Meg says

A cute book with exercises and illustrations that are geared toward children, and interludes/text that appeal to their adult caregivers.

I'd strongly suggest not trying more than one of these activities with a kiddo in a day. This would make a fantastic resource book for classrooms or counselors working with children, so that activities could be worked through one at a time. Many are very similar (blowing out a candle and the hot chocolate exercise, as one comparison), but I'm sure one or the other will resonate with particular kids.

Lisa Newman says

I'd give this book more stars if I could.

I'd like to add this book to my personal collection.
The illustrations are adorable too.

Ms. B says

Mindfulness for all ages. Simple exercises to help anyone be calm, focus, think positively (imagine), wake up or relax.
What makes this great is that most of the exercises can be used for multiple purposes. My favorite one was Snake Breath.

Chelsey says

I want to buy my own copy of this book and use it at story times for a little calming in rambunctious crowds!

Elisabeth says

Great for kids, grown-ups, storytime and life

Mary says

The illustrations are gorgeous! Each exercise is simple and can be used one at a time or in combination.
These are the same activities on Kira's Mindful Moments for Kids CD.

Lisa says

I just love this. Beautiful illustrations teaching children (and adults!) simple meditation techniques, such as blowing on hot chocolate (long outgoing breaths). Perfect to pick up during a moment of stress!

Jaime says

Fantastic book. This needs to be a website as well because I want access all the time and I want to share with my students.

Christine D says

Really pretty illustrations and a nice book of meditation and mindfulness for beginners.

