



Mindfulness for Kids: Mindfulness Workbook for Children (Volume 1)

Jenny Kellett

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Mindfulness for Kids: Mindfulness Workbook for Children

This *mindfulness workbook for children* seeks to help your child learn about the benefits of mindfulness in a fun and accessible way.

Mindfulness for kids can help to lower the stress and anxiety that is often associated with growing up. Through fun and thought-provoking coloring and simple writing exercises, this **mindfulness book** will encourage your child to be present in the moment and live a more mindful life.

Mindfulness workbooks for kids have grown in popularity over the past few years, as people are truly finding happiness and peace through using them on a regular basis. So often are our children (and us) glued to various screens, they forget to live in the now and reflect on what has been achieved each day, what fears we have been experiencing and what we can do to make our lives better.

Compiled by leading non-fiction author, Jenny Kellett, this **mindfulness workbook** designed specifically for children, has 60 beautifully designed pages that inspire creativity and encourage mindful thinking.

In *Mindfulness for Kids* each page provides a prompt for allowing your child's creativity to shine through. From coloring-in and thought-provoking questions to 'freedom pages' and a DIY word search, this mindfulness workbook is a must-have item for promoting mindfulness from a young age.

This book is suitable for children aged 8+ and makes the ideal gift.

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