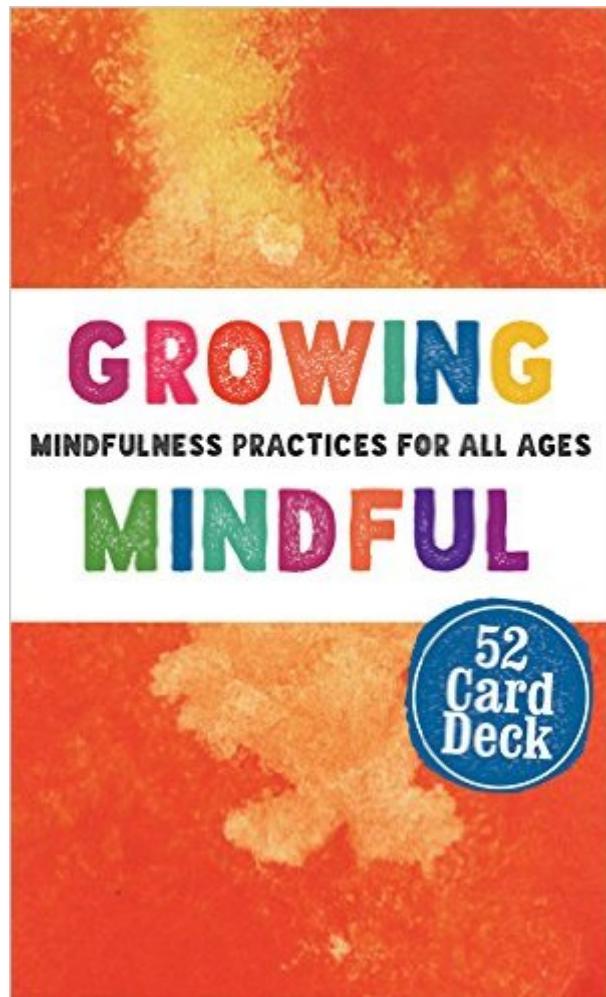


The book was found

Growing Mindful



Synopsis

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!

Book Information

Cards: 60 pages

Publisher: PESI Publishing & Media; Box Crds edition (October 1, 2015)

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Product Dimensions: 3.2 x 0.8 x 5.3 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #16,538 in Books (See Top 100 in Books) #17 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Developmental Psychology #25 inÂ Books > Medical Books > Psychology > Psychotherapy, TA & NLP #29 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory > Educational Psychology

Customer Reviews

I'm a therapist who works with adolescents, and I love these cards! They are great to leave in the waiting room, but are also helpful as a way to start and end sessions. They work especially well for kids who get easily overwhelmed in sessions, and make learning about mindfulness fun. Definitely 5 stars!

I am a pediatric occupational therapist who works in schools and in a private clinic. We use mindfulness techniques and social/self-awareness curricula in our practice, but we've never had specific exercises other than those we make up on the spot. This deck of suggestions gives me peace of mind that someone else had done the leg work! It works equally well in schools and in the clinic, and I have even used it for elaborating thoughts in written expression by having kids write down their experiences of mindfulness (not just talk about them, or think about them). I recommend it highly for clinicians and parents, alike. It's easy to use, and the simple language lends itself to many age groups.

My cards arrived open, two cards have crease lines and a third has a sticky spot. The box and several cards have signs of use. The deck is all mixed up. It seems I was sold a used product. Not cool for \$15. Please send me an NEW and sealed deck. If you cannot do this, then fully refund the product. As for the product itself, it is made from very thin card stock like the type of paper used for boxed valentine's cards. This type of paper is not sealed for durability or frequent use with children. I would even consider laminating the deck add the publisher did not. No images for young users. Rather than blasting the logo on the back of every card, an illustration or photograph would have been a better use of space.

I'm really liking these cards. As a salesman, I'm on the road a lot and don't have much time for meditation. I keep this deck in my bag and pull it out while I'm travelling - sometimes even while I'm sitting at the airport (which as we know is often frustrating). These practices are quick, easy and help you find a small oasis of calm. Definitely a helpful and unique product.

As a first grade teacher, I have found these cards to be an exciting tool to use in my classroom! They provide a fun way to promote awareness and acceptance and improve attention and concentration. Every teacher needs these cards.

Bought these cards at an event and I am LOVING them so far. They are very easy to use and keep with you at all times. Working with my clients, these cards are the best thing to work into any treatment program. They make the practice of Mindfulness easy and accessible for everyone to adapt into their lives. I recommend this card deck to anyone looking to work Mindfulness practices into their lives no matter their time commitment.

I'm a busy mom and professional and it's really challenging to carve out enough time to just sit on a cushion and meditate on a regular basis. While I meditate - formally - when I am able, I also find these cards helpful to keep my myself centered in the midst of my hectic daily life. To me, that is the point of meditation- to get more - in the moment - at all times of the day. These cards are a valuable resource! -RN Mom

I'm a child and family therapist, and find these cards to be helpful with children as young as 6 and up through adolescence. Definitely recommend these cards. Some of the cards seem silly to some kids, but they seem to be working so far.

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