



## Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)

By *Eline Snel*

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### **Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)**

By *Eline Snel*

**Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.**

**Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn.**

Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.

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**Bibliography**

- Sales Rank: #1122 in Books
- Brand: Penguin Books
- Published on: 2013-12-03
- Released on: 2013-12-03
- Original language: English
- Number of items: 1
- Dimensions: 7.30" h x .40" w x 6.00" l, .80 pounds
- Binding: Paperback
- 112 pages

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### Editorial Review

#### Review

"From the central image of sitting still like a frog to the spaghetti test for physical relaxation, the images, metaphors, and practical exercises are pitched at the right level to really engage children—this book and CD will prove a valuable resource for our family's spiritual explorations."—*Juno* magazine

"Kids are keen to learn, often live in the moment, and are capable of industrial-strength attention. They also struggle with thinking they're not good or cool enough. *Sitting Still Like a Frog* teaches children mindfulness through an amphibious friend who sits very still and breathes—preserving energy and paying attention to everything going on around him. Many practices fill the book and audio CD, and all of them remind us, and our children, just how easily thoughts can move us off our lily pads."—*Mindful*

#### About the Author

ELINE SNEL is a therapist and certified MBSR trainer and runs the Academy for Mindful Teaching in the Netherlands. She has been developing and teaching mindfulness-based courses for over twenty years and trains teachers to teach MBSR techniques to students. Her program has been used in numerous primary schools in the Netherlands. She has recently started a pilot project in various secondary schools to teach mindfulness practices to teenagers. Eline also teaches the program in Belgium, France, and Germany. More information is available on [www.academievoormindfulteaching.nl](http://www.academievoormindfulteaching.nl) and [www.elinesnel.nl](http://www.elinesnel.nl). For children's training by AMT instructors, see [www.aandachtwerkt.com](http://www.aandachtwerkt.com).

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