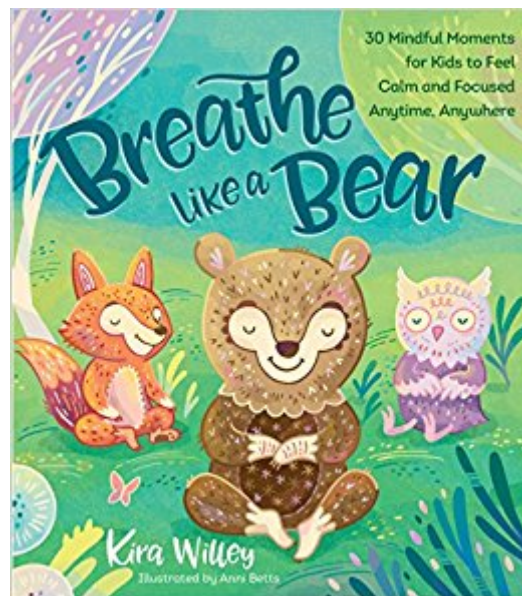


The book was found

# Breathe Like A Bear: 30 Mindful Moments For Kids To Feel Calm And Focused Anytime, Anywhere



## Synopsis

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.

## Book Information

Lexile Measure: 560 (What's this?)

Paperback: 96 pages

Publisher: Rodale Kids (December 5, 2017)

Language: English

ISBN-10: 1623368839

ISBN-13: 978-1623368838

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #90,812 in Books (See Top 100 in Books) #18 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #21 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 4 - 10 years

Grade Level: Preschool - 5

## Customer Reviews

"Breathe Like a Bear is a beautiful guide to mindfulness. Parents, teachers, caregivers and especially kids will love the different ways to explore mindfulness and breath through animals and story in Breathe Like a Bear. Both lyrical and practical, this much-needed book will help children navigate the world around them!" — Susan Verde, author of I Am Yoga and I Am Peace "I love this book! Breathe Like a Bear is filled with playful and imaginative ideas for helping kids connect to themselves, whether it's their own strong energy or inner calm. Each moment that Kira has so elegantly sculpted and described conjures up delicious, beautiful, or whimsical, child-friendly scenarios. It's exactly this fun and accessible style that will make kids want to try every one of

these little gems that provides simple tools for big change. • Laurie Berkner, award-winning and bestselling children's musical artist

Kira Willey is an award-winning songwriter, kids' yoga expert, and creator of Rockin' Yoga School Programs. She has released three nationally acclaimed albums of children's yoga songs that blend upbeat, danceable music with get-up-and-move yoga inspiration. Her fourth release, Mindful Moments for Kids, is the inspiration for Breathe Like a Bear. She lives in Pennsylvania with her husband and three children and can be found online at [kirawilley.com](http://kirawilley.com). Anni Betts is a professional illustrator who creates vibrant, cheerful drawings for books, magazines, advertisements, greeting cards, and more. Originally from Illinois, she now lives in Durham, England, with her archaeologist husband, Kamal, new son, Emmett, and adorable dog, Logan. When not illustrating, she can be found exploring the historic sights and natural beauty of the United Kingdom and Europe, baking sweets, going for long walks, and sewing colorful clothes to wear. Visit her online at [annibetts.com](http://annibetts.com).

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Days with Bear: Bear Feels Scared; Bear Feels Sick; Bear's Loose Tooth (The Bear Books)  
Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1)  
Meditation Now: A Beginner's Guide: 10-Minute Meditations to Restore Calm and Joy Anytime, Anywhere  
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life  
Mallmann on Fire: 100 Inspired Recipes to Grill Anytime, Anywhere  
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