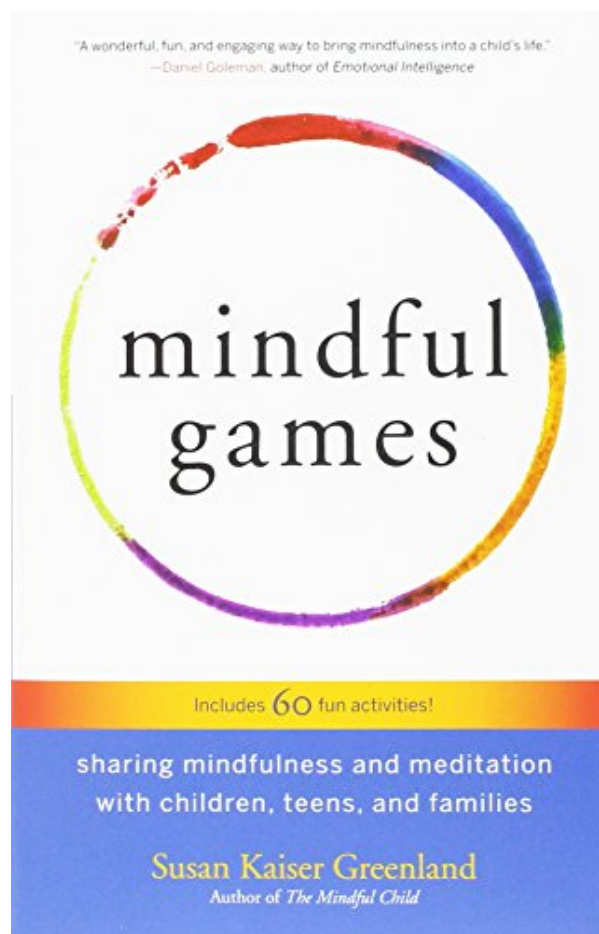


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**Susan Kaiser Greenland**

*Author of *The Mindful Child**

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## Review

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A playful approach for cultivating mindfulness in kids, with sixty simple games to develop attention and focus, and identify and regulate emotions--by the author of *The Mindful Child*.

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. Susan Kaiser Greenland has had a lot of success bringing mindfulness to the classroom, and in this book she shares her experience, showing how parents, caregivers, and teachers can cultivate these qualities at home or in a school setting. She includes fifty mindfulness games that develop what Greenland calls the "new A, B, C's" for learning and for a happy and successful life: Attention, Balance, and Compassion. In a playful way, the games introduce kids to breathing practices and techniques for developing focus, concentration, and sensory awareness, and identifying and self-regulating emotions, among others skills. They include "anchor" games that develop concentration; visualization games that encourage kindness and focus; analytical games that cultivate clear thinking; and awareness games that develop all of these qualities and give greater insight into ourselves, others, and relationships. Greenland contextualizes each game and offers guidance for the parents/caregivers throughout.

Even though the games are written for kids, they can be just as fun and transformative for adults. Greenland encourages parents and caregivers to develop their own attention, balance, and compassion and explore the universal concepts that she presents. She points out that as caregivers, our own mindfulness has a powerful effect on everyone in our lives, especially our children. They notice when we're calmer, more composed, and more joyful, and learn by our example.

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7 of 7 people found the following review helpful.

this is a GREAT book with lots of ideas for using various activities ...

By Stella

this is a GREAT book with lots of ideas for using various activities with students and children... Add a little "Editing" and you can make these activities fit into almost any classroom or group work situation, or, simply, use them with your family .... As a Mindfulness Educator, I've been finding this book to be very helpful and a great addition to our "Mindful Library" at work...

1 of 1 people found the following review helpful.

Nice activities with rationale

By Carolyn

Lots of good ideas. I like the inclusion of the rationale behind the exercises. Recently used a few with my client base and got good results. Good for de-stressing and relaxing.

I used the awareness meter before and after doing two of the activities back to back which helped the clients see the changes for them.

There is an activity about imagining getting hugs and another about sending good wishes to difficult people and I plan on using them together in that order. I think a lot of the activities can be put together that way for deepening the experience.

4.5 stars because the age range isn't always big enough and there could be more adaptations suggested.

4 of 4 people found the following review helpful.

helpful resource for parents,caregivers, teachers and more!

By Julie

great and practical ways to engage kids in mindfulness practice, slowing down, learning contentment and coping skills for future situations! love it!

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