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Planting Seeds: Practicing Mindfulness with Children

By Thich Nhat Hanh

Parallax Press. Paperback. Condition: New. Wietske Vriezen (illustrator). 240 pages. Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included are the lyrics to the songs on the enclosed CD that summarize and reinforce the key teachings, as well as a chapter on dealing...



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Reviews

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Glen Ernser**

Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.

-- **Joanie Hamill I**