



Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

Debra Burdick Lcsw Bcn

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Finally—a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents.

Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens. This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Perfect for mental health practitioners, teachers and all in the helping professions.

- *Tools for explaining mindfulness and neurobiology in kids language
- *Activities, games, and meditations that build basic through advanced mindfulness skills
- *Step-by-step instruction on teaching and practicing mindfulness, meditation and reflection
- *Guidance on choosing age appropriate skills
- *How to apply mindfulness skills to specific childhood mental health disorders
- *Journal prompts to help integrate learning
- *Goal-setting charts for tracking progress
- *Downloadable worksheets, exercises and reflections

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Gary Glover:

Have you spare time for just a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a go walking, shopping, or went to often the Mall. How about open or read a book eligible Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets? Maybe it is for being best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have different opinion?

Andrew Wilson:

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