

# Sitting Still Like a Frog

Mindfulness Exercises for Kids  
(and Their Parents)



Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions

■ Eline Snel ■

Foreword by Jon Kabat-Zinn

# Sitting Still Like A Frog Mindfulness Exercises For Kids

**Marita Weener**



## **Sitting Still Like A Frog Mindfulness Exercises For Kids:**

**Sitting Still Like a Frog** Eline Snel, 2013-12-03 Simple mindfulness practices to help your child ages 5-12 deal with anxiety, improve concentration and handle difficult emotions with a 60 minute audio CD of guided exercises. 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.

**SUMMARY - Sitting Still Like A Frog: Mindfulness Exercises For Kids (And Their Parents)** By Eline Snel, Shortcut Edition, 2021-06-20 Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how to introduce your children to meditation to improve their quality of life and yours. You will also discover that your children have as much to worry about as you do, how mindfulness calms your child's restlessness, that having more alert senses improves memory, why distancing yourself from your child's thoughts leads to more positive self-esteem, that being a good parent doesn't mean never feeling angry or tired, what simple and fun exercises you can offer your children right now, how to concretely implement the meditation habit in the family's schedule. You certainly know the benefits of meditation, whether you have experienced it yourself or not. Mindfulness is a great tool to calm your mind, to be more attentive to the world around you and to others. Moreover, it allows you to live fully in the present moment. In this respect, it is obviously a fantastic asset for your child as an adult in the making. What are the benefits of meditation for your child and how can you initiate him or her into it? Buy now the summary of this book for the modest price of a cup of coffee.

**Sitting Still Like a Frog Activity Book** Eline Snel, 2019-04-09 75 fun mindfulness games and activities to teach children ages 4-8 to calm themselves down, focus, be attentive to the people around them and feel more peaceful. From the bestselling author of *Sitting Still Like a Frog*, Mindfulness is one of the most effective practices to teach kids to calm themselves in stressful moments, increase focus and attention, ease anxiety and promote a sense of empathy toward others. Eline Snel's *Sitting Still Like a Frog* has helped thousands of children around the world to become more relaxed and attentive, more aware of their bodies and emotions and more open toward others. This book is packed with entertaining and useful activities that children can do alone or with a parent, including Fun yoga exercises, Hands-on activities and projects, Meditation stories, Cut-out posters and cards, Colorful stickers, Mindful games.

*Mindfulness in the Classroom* Thomas Armstrong, 2019-07-18 In today's schools, students and

teachers feel unprecedented even alarming levels of stress How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others Author Thomas Armstrong offers a compelling answer in the form of mindfulness a secular practice he defines as the intentional focus of one's attention on the present moment in a nonjudgmental way In *Mindfulness in the Classroom* Armstrong Explains how mindfulness affects the structure and function of the brain Provides an overview of mindfulness as both a personal practice and a classroom methodology that aligns with such educational models as Social and Emotional Learning SEL Positive Behavioral Intervention and Supports PBIS and Universal Design for Learning UDL Shares and explains the extensive research that shows the positive effects of mindfulness practices in the classroom Describes how to adapt mindfulness for different grade levels integrate it into regular school subjects and implement it schoolwide Offers guidelines for teaching mindfulness responsibly without religious overtones Dozens of observations from teachers students researchers and practitioners provide striking evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning

**The Little Frog Awakes** Eline Snel, 2022-02-01 Parenting toddlers can be challenging but mindfulness can help The popular author of *Sitting Still Like a Frog* offers advice and tools for parents of kids ages 18 months 4 years to respond skillfully and with mindful intention especially in difficult moments In *The Little Frog Awakes* Eline Snel offers parents of young children advice and tools for responding mindfully and effectively in the moment These skills help us regain trust in ourselves and in the integral wholeness of our kids And when we make mindfulness practice a part of daily life it gives our children a powerful message on how to recognize name and deal with emotions and situations This practical guide will help you to connect with and respond mindfully to your own feelings as they arise cultivate compassion for yourself as a parent or caregiver through meditations and breathing practices encourage serenity self confidence and emotional regulation in your children through stories and activities strengthen your bond with your kids and help all of you manage stress be more fully present with your children and more able to give them your undivided attention embrace imperfection and focus on the things that really matter and more The book and the accompanying audio include activities practices and stories for both you and for your toddler that cultivate mindful moments and action and self compassion

**The Socio-Emotional Competencies of Students: A Guide for Teachers** Ewa Banaszak, Robert Florkowski, Ida Laudańska-Krzemińska, Aleksandra Lubczyńska, Agata Wiza, 2023-06-28 This book comprises materials that may serve as an inspiration to teachers and non pedagogical employees who wish to develop socio emotional skills in pupils There are various concepts of socio emotional learning SEL however they all refer to the development of personal and social skills including learning how to cooperate be empathetic communicate self regulate manage one's emotions and think critically Socio emotional competencies of pupils foster their functioning in school and achieving both personal and professional success in the future These competencies may be developed at school The socio emotional learning process is not a separate aspect of the didactic process it is rather a philosophy of developing these

competencies during each activity lessons project work and school breaks The guide is prepared in a way that makes it accessible It is divided into subject sections and individual modules are not too extensive each of them ends with a set of questions which encourage a reflection Particular problems are also completed with examples from school practice A significant challenge in training teachers is not providing them with knowledge but working with teachers personal beliefs Owing to these beliefs information is either accepted or not and the proposed solutions are implemented or not into school practices both didactic and pedagogical The authors offer questions that are very useful in terms of encouraging reflections on one's own opinions beliefs practices and their consequences Ma gorzata Rosalska Prof UAM Ph D The book has been created for the purposes of the EU project Building social and emotional skills to BOOST mental health resilience in children and young people in Europe and funded from the Horizon 2020 scheme

### **The Science of Parenting Adopted Children**

Arleta James,2019-06-21 Explaining how adoptive parents can help their traumatised child develop it looks at the many different factors that can manifest in trauma and how parents should respond to them *Parenting Dual Exceptional Children* Denise Yates,2022-03-21 This is the first comprehensive guide for parents of children with Dual and Multiple Exceptionality DME sometimes called Twice Exceptionality or 2E Children with high learning potential may also have conditions such as ASD ADHD dyslexia and dyspraxia having flashes of brilliance in some areas whilst needing additional support in others As a result their abilities may not always be recognised in an educational setting This book takes a strengths based approach towards helping parents recognise and focus on their child's areas of potential to support them towards better attainment and self esteem and build on these abilities while also identifying and addressing areas of difficulty It provides an understanding of the mixed learning profile of DME children explaining why they excel in some areas but not others as well as guidance for parents on working positively with schools and providing their child with the support they need With stories quotes from parents and examples throughout this is an essential guide to helping DME children achieve their full untapped potential

**The Myth of the ADHD Child, Revised Edition** Thomas Armstrong,2017-08-29 A fully revised and updated edition of the groundbreaking book on tackling the root causes of children's attention and behavior problems rather than masking the symptoms with medication More than twenty years after Dr Thomas Armstrong's *Myth of the A D D Child* first published he presents much needed updates and insights in this substantially revised edition When *The Myth of the A D D Child* was first published in 1995 Dr Thomas Armstrong made the controversial argument that many behaviors labeled as ADD or ADHD are simply a child's active response to complex social emotional and educational influences In this fully revised and updated edition Dr Armstrong shows readers how to address the underlying causes of a child's attention and behavior problems in order to help their children implement positive changes in their lives The rate of ADHD diagnosis has increased sharply along with the prescription of medications to treat it Now needed more than ever this book includes fifty one new non drug strategies to help children overcome attention and behavior problems as well as updates to the

original fifty proven strategies      **Stressed Out!** Mary Anne Richey, James W. Forgan, 2021-09-23 *Stressed Out Solutions to Help Your Child Manage and Overcome Stress* is an easy to read guide for parents to help their children understand stress its effects on kids day to day lives and how to handle it The book suggests stress management solutions that can be implemented by even the busiest parents and kids focusing on a variety of common stressful situations that are grouped according to three categories school family or environmental Strategies include sample dialogues parents can use in conversation with their child and activities to help children gain insight and understanding into the nature of their stress such as worksheets role play scenarios or children s stories Designed for maximum accessibility parents and their children can immediately apply and reinforce the solutions Inherent in each chapter is the underlying understanding that stress in children is very individual and solutions need to be individualized to fit the circumstances and personality of each child 2018 NAGC Book of the Year Award Winner      **The SAGE Encyclopedia of Marriage, Family, and Couples Counseling** Jon Carlson, Shannon B.

Dermer, 2016-10-11 *The SAGE Encyclopedia of Marriage Family and Couples Counseling* is a new all encompassing landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field Marriage and family counseling programs are established at institutions worldwide yet there is no current work focused specifically on family therapy While other works have discussed various methodologies cases niche aspects of the field and some broader views of counseling in general this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories approaches and techniques and how they address various life events within the unique dynamics of families couples and related interpersonal relationships Key topics include Assessment Communication Coping Diversity Interventions and Techniques Life Events Transitions Sexuality Work Life Issues and more Key features include More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader s Guide that groups related entries thematically Back matter includes a history of the development of the field a Resource Guide to key associations websites and journals a selected Bibliography of classic publications and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey      **Powerful Understanding** Adrienne Gear, 2018-02-08 *Powerful Understanding* explores effective ways to build social emotional skills and help students make connections question what they read and reflect on their learning as they develop into stronger readers and learners Lessons based in both strategic and critical thinking revolve around core anchor books that help integrate inquiry into everything you teach from social responsibility to immigration to life cycles This highly readable book includes a wealth of classroom examples and extensive hands on activities designed to help students to think more deeply learn more widely and develop a more powerful understanding of what it means to be a responsible and compassionate person

Summary - *Sitting Still Like a Frog* by Eline Snel Mathias Blinc, 2017-04-03 Do you want to teach your children the concept and practice of mindfulness *Sitting Still Like a Frog* is an innovative book that helps children

cultivate the presence of body mind and heart It does so in a playful fun and easy to understand way that children will appreciate Modern day life continues to become more complex and fast paced by the minute If you want to make sense of it you need to ground yourself in the present It is good to teach your kids the concept and practice of mindfulness It is even better to start training them while they are young This e book helps you introduce mindfulness meditation to your kids You can train your kids to keep calm remain focused fall asleep without any difficulty stop worrying manage their anger and cultivate patience and awareness Breathe Like a Bear Kira Willey,2017-12-05 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 **Mindful at School** Irma Smegen,2018 *Sit with Me* Carolyn Kanjuro,2020-12-01 You can squat like a frog or lounge like a cat but if you want to sit like a buddha there are seven key steps for taking your seat Sit with Me invites kids of all ages to learn meditation through playful rhymes and adorable illustrations Justa Bug describes the seven point meditation posture from the top of the head to the bottom of the feet in an easy and accessible way With a spine straight like coins stacked on a plate and shoulders back like a vulture in flight kids will learn the basics of sitting through encouraging verse With a little practice Sit with Me will help everyone in the family learn how to meditate easy and free

*Stilzitten als een kikker* Eline Snel,2019-11-02 Stilzitten als een kikker van Eline Snel staat boordevol mindfulnessoefeningen en verhaaltjes Honderdduizenden kinderen hebben er al baat bij gehad ze komen erdoor tot rust en leren hun piekergedachten te beheersen Deze nieuwe editie is nu voorzien van een voorwoord van mindfulnessgoeroe Jon Kabat Zinn Net als volwassenen hebben kinderen het vaak te druk Ze kunnen niet slapen piekeren zijn snel afgeleid en onrustig De aanknop doet het maar waar zit de pauzeknop Om die pauzeknop te helpen vinden schreef mindfulnesstrainer Eline Snel Stilzitten als een kikker Mindfulness voor kinderen 5 12 jaar en hun ouders Dit e book is een ePub3 bestand dus geschikt voor tablets en de meeste e readers met een kleurenscherm niet geschikt voor zwart wit e readers Controleer of uw apparaat dit bestandsformaat kan weergeven **Mindfulness for Children** Mindful Fountain,2020-01-07 The Official Mindfulness for Children Book offers an introduction to mindfulness for both parents and kids alike This book offers an educational foundation and some excellent tips on mindfulness meditation mindfulness exercises and mindfulness activities to help your kids beat stress anxiety and stay present and relaxed on a daily basis What s Inside This Book 75 Mindfulness Activities 75 mindfulness activities that are simple yet effective easy to understand and fun for all ages Actual explanations answering the most sought after questions while debunking the major myths and misconceptions of mindfulness Playful step

by step exercises which help to develop an inner awareness of being present thereby learning to minimize stress levels increase focus and concentration and to show compassion and caring for others Mindful Bonus 1 A 7 day quick start mindful activity log so that you and your child can immediately put into action what you learn from this book as well as share experiences and develop the fundamentals of mindful behavior Mindful Bonus 2 5 mindful mandala coloring pages with positive affirmations so that your child can experience the therapeutic calming effects of artistic expression while boosting self confidence About the Author Mitch Kimball B A Psychology PharmD is the founder of Mindful Fountain a group dedicated to those who practice mindfulness in all walks of life With well over a decade of experience in the healthcare industry he shares his knowledge to empower others especially the youth who live in an era of over medication and technology overload As a loving husband and father of 3 children he hopes to spread his message of mindfulness to the world What are you waiting for Page up and Order Now [Mindful at School](#) Marita Weener, 2021-10-03 Children have to deal with all kinds of stimuli and are increasingly suffering from stress Mindfulness helps them develop skills for relaxation concentration and regulating emotions so they can stay balanced It is a proven successful method for stress reduction Mindful at School is a practical source of inspiration so you can introduce mindfulness to your class in a simple and playful way In this book you ll find the vision and background of mindfulness research results into the effect of mindfulness on children tips for guiding mindfulness with your group 52 fully worked out mindfulness exercises Doing mindfulness exercises with your group creates a quiet peaceful moment and gives you renewed energy for the rest of your school day Extra information and relaxing music are available on [www.mindfulatschool.com](http://www.mindfulatschool.com) Irma Smegen Irma s motto is Education can be enjoyable for each and every child The role of play is crucial to everything she develops That s why she writes educational books to inspire colleagues Irma s company Speel je Wijs Play your own tune Play to get wiser offers training courses and lectures for professionals working with children including mindfulness training She is also a professor at the International Teacher Education Program at NHL Stenden University of Applied Sciences [www.heart4education.com](http://www.heart4education.com) 10% of the profits from this book and the mindfulness training courses will go to the HeART 4 Education foundation an organisation working to improve educational opportunities for less fortunate children Reviews Eva Baldwin UK This book offers schoolteachers a very useful easy and meaningful way to introduce mindfulness to their pupils Young children benefit a lot from these original introductions to mindful practices The author is obviously very experienced herself and knows what works and how to explain it to others Highly recommended Elena Reznikova USA This is a very useful book I honestly think all teachers or anyone that works with children should have a copy If you ve been interested in introducing mindfulness to children but you re not sure how this is the perfect book for you It is very well written and designed to be easy and straight forward It s a guidebook for how to practice 52 fun and kid approved exercises in the classroom or at home I m personally familiar with mindfulness but have no idea to how to actually teach it to children With this guidebook I feel empowered and confident to try Amazon customer UK This book is packed



with simple mindful exercises you can do with children It has a good introduction to mindfulness and how to use for that age group for teachers Richard Brocklehurst Irma ran a session here in Scotland with a group of schools looking at the exercises and philosophy behind it It was a twilight session and she ran the training with a group of experienced teachers who work across age ranges modelling and talking through how the exercises link with a mindful awareness raising We have been running sessions from the book in quiet moments through our teaching sessions since then and it has supported our work on stress reduction mindfulness empathy and emotional connections within the school setting A great practical book and if you get a chance to attend the training I cannot recommend it enough Amazon costumer UK This is a great resource to find mindfulness activities to do with children in school or indeed elsewhere There s a general introduction to mindfulness but most of the book is filled with standalone activities Most of them don t need any materials and many others need materials which you ll have anyhow such as a pen and paper scissors or a newspaper A great book for teachers as well as anyone else working with kids including parents

**Stilzitten als een kikker** Eline Snel, Gimpel Tekst & Redactie (Nijverdal), 2010  
Eenvoudige mindfulnessoefeningen om kinderen tot rust te laten komen en emoties en gedachten te leren begrijpen en accepteren Onder begeleiding vanaf ca 5 t m 12 jaar

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### **Sitting Still Like A Frog Mindfulness Exercises For Kids Introduction**

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