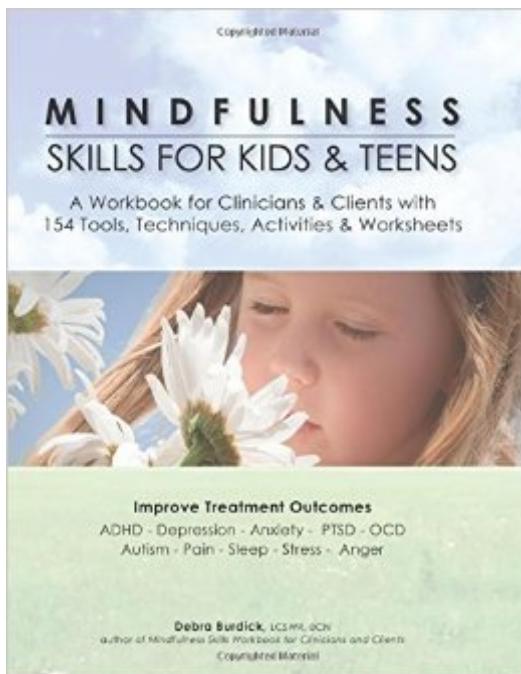


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# Mindfulness Skills For Kids & Teens: A Workbook For Clinicians & Clients With 154 Tools, Techniques, Activities & Worksheets



## **Synopsis**

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

## **Book Information**

Paperback: 296 pages

Publisher: PESI Publishing & Media; Workbook edition (September 1, 2014)

Language: English

ISBN-10: 1937661571

ISBN-13: 978-1937661571

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (14 customer reviews)

Best Sellers Rank: #37,328 in Books (See Top 100 in Books) #29 inÂ  Books > Medical Books > Psychology > Adolescent Psychology #34 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #88 inÂ  Books > Medical Books > Psychology > Clinical Psychology

## **Customer Reviews**

I'm implementing a mindfulness program at a middle school and needed some additional curriculum to be used. There are tons of activities in this book and can easily be pulled for a classroom setting.

I teach mindfulness mediation to adults and have recently started sharing these practices with teens. My favorite reference is "The Mindful Teen" by Dung X Vo, but as that book is written for

teens, I find it is not as easy to use a reference for building a curriculum. That said, the language in that book is so sweet and genuine, if you are working with teens you should really have that one. I picked up the "Mindfulness Skills for Kids & Teens" b/c it is presented as more of a reference. It's filled with lots of tips, advice, and very practical tools and techniques. The whole second half of the book is a compendium of activities and exercises. The downside is that the book is very much geared towards psychologists with a clinical practice and many of the activities are not suitable for a group setting. I have some background in psychology, but she does reference some terms that the average person may not know. It's not inhibiting to the usefulness of the book, I just find that I skim through a lot of things. This isn't the kind of book that you read cover to cover anyway. I was also a bit disappointed that the "handouts" are not really that - not something you could photocopy and hand to someone. They are more like concise call-outs on how to do something. It's useful as a way of navigating the book, but I was hoping for something a bit different. Lastly, some of the internal references in the book are incorrect. I don't know if this is a problem throughout the whole book, but as an example in the chapter on working with Stress, the references to the breathing exercises and mindfulness of the body were not even close to right. Thankfully the table of contents is comprehensive and correct (so far). All in all this is an excellent resource.

I am currently sitting in a training with Dr. Burdick as she is reviewing the application of this book. As a school psychologist who has had experience at all levels, I find this book to be a hugely valuable resource to use for a wide variety of students. I have been sitting here developing my counseling trajectory for my groups starting asap! I would recommend this to anyone looking for ideas to use to help students cope and develop self-awareness.

This book is not only for clinicians and clients, it is also for teachers. It is absolutely AMAZING if you are looking for mindfulness activities for kids and adolescents. I have used many of the activities and the teens just love them! Thank you Debora! You now need to change the title of your book to Mindfulness Skills for kids & teens. A workbook for clinicians, clients & TEACHERS with 154 tools, techniques, Activities & worksheets. I will be promoting your book this Friday at the Canadian Mental Health Conference here in Ottawa.

I am a primary school teacher in Ireland and I found this book to be really user friendly with a wide and varied amount of activities to choose from. Using the book as a guide I was able to tailor a program for my class and I continue to use it daily. It is a really worth while purchase for parents,

teachers and clinicians or anyone who is teaching mindfulness, or indeed, interested in learning more about mindfulness, -- money well spent in my opinion.

its a very well written book with excellent exercises , guidance and narrative . could have done with a book like this for teaching adults years ago!

Awesome book - like the "hands on" practical activities that are easy to follow to incorporate mindfulness in children's life skills

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