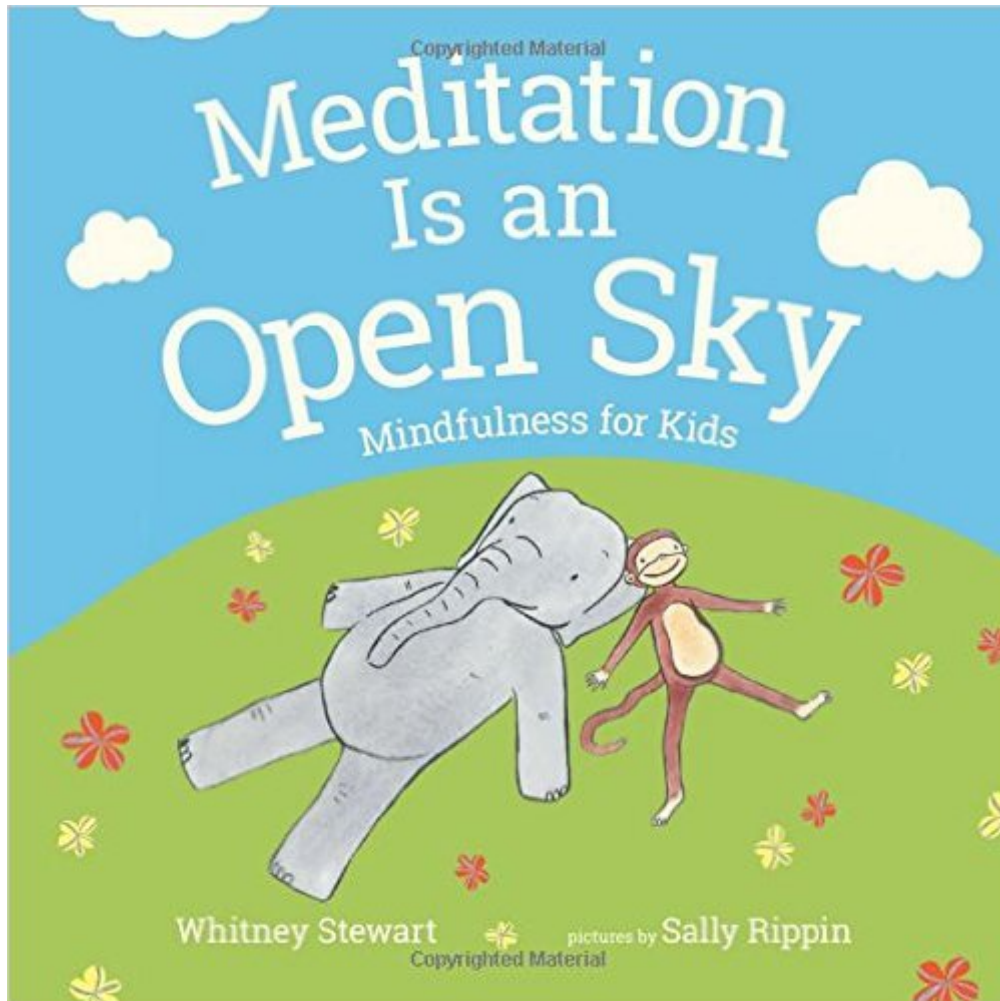


The book was found

# Meditation Is An Open Sky: Mindfulness For Kids



## Synopsis

Mindfulness meditation for kids. Kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life and improve emotional health. Meditation guide with relaxation techniques.

Stress-reduction aid

## Book Information

Hardcover: 32 pages

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Product Dimensions: 8.4 x 0.4 x 8.3 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (13 customer reviews)

Best Sellers Rank: #433,082 in Books (See Top 100 in Books) #61 in Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #123 in Â Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #862 in Â Books > Health, Fitness & Dieting > Children's Health

Age Range: 7 - 10 years

Grade Level: Preschool - 2

## Customer Reviews

I liked this better than the Peaceful Piggy Meditation book we bought first. It provides simple, one-page meditations that offer children a "menu" of options to try out to address different challenges. For example, one to clear your mind, or one to feel safe, or one to address strong feelings. The book more practical and tangible meditations than the Piggy book, making meditation accessible to my 8 year old son, which is what I wanted. He was feeling nighttime fears overcome him, so we turned to the book and he picked a meditation to calm his fears. He felt reassured, and later advertised this book to his classmates, telling him which of the meditations really helped him.

Meditation Is an Open Sky: Mindfulness for Kids About the Book: Feeling mindful is feeling good! You

know when you're having a bad day, you have that wobbly feeling inside and nothing seems to go right? Find a quiet place, sit down, and meditate! In this daily companion, kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life.

**About the Author:** Whitney Stewart is a children's book author, meditation teacher, and a born adventurer. She has traveled to Tibet, Nepal, and India and teaches mindfulness at Tulane University and to children and teens. Her most recent children's book is *A Catfish Tale: A Bayou Story of the Fisherman and His Wife*. Whitney lives in Louisiana, with her husband and son.

**My Review:** Such a sweet children's book meant to teach them how to overcome stressors in their life by meditating upon them and imagining them as thought bubbles. And each child has the power to pop them in an effort to do away with them forever. The soft colors and the familiar images of an elephant and monkey will definitely play to their softer side as they read how to accomplish banishing the evils of the day. This book is meant for the mainstream conscious people and it is along more of the secular ways of looking at things. My readers know that I'm all about God handling my stresses but I also like to give you all some opinions on other books as well, just to give you a wide range. It is a book that will give you just that!

**\*\*Disclosure\*\*** This book was sent to me free of charge for my honest review from Pump Up Your Book.

**REVIEW** Whenever you feel mindful, you feel good. The author wrote a wonderful little teaching book about what children can do when they are feeling bad and upset. We all have those days that you just feel icky inside and everything you try to do, goes wrong. We all go through it. But a child may not know what to do. This little book with it's wonderful illustrations helps little ones and older ones think about what is wrong and how to fix it. The best thing to do is find a quiet place and sit down and meditate. Just think quietly on whatever it is that seems wrong. The book will help with dealing with stress and those emotions that get the best of us, sometimes. The author wrote a book that will help with feeling safe when you're scared, relax when you're anxious, be aware of new ways to spread kindness, when frustrated, calm your anger and so much more. The book was written by a talented author of children's books and she is also a meditation teacher. It doesn't matter what age you are, this little book is a good daily companion for those tough icky moments. I was given a complimentary copy of *MEDITATION IS AN OPEN SKY - Mindfulness for Kids* from the author, Whitney Stewart and Pump Up Your Book Virtual Book Tours for my view of the book.

Meditation has been such a useful tool for me in my life, my husband and I wanted to make sure our child learned this skill also. This is a wonderful book to help with that. Our child finds the meditation exercises fun to do, and we see the positive change these exercises has had. We highly recommend this book!

As a children yoga teacher and as a mom, I find tremendous value in this little gem. The book offers 9 different meditation practices for specific needs, it is written in a language that is totally accessible for children and the exercises are simple and easy to follow, there is also a bonus Q&A about meditation to help better use this tool, also written for children, clear and simple. All in all, this book is a wonderful tool to introduce children to meditation in a way that works for them and addresses their needs.

I received a free copy of this book for an honest review. Meditation is an Open Sky is a children's book that teaches children how to meditate. At the beginning of the book, it explains that meditation doesn't solve problems but it does help us deal with problems. It contains 9 different meditation exercises and suggests at the beginning to read through it and then pick one to do. At the end of the book, there are answers to commonly asked questions such as what if you get bored while meditating or what if your legs get sore? Meditation is an Open Sky is not only easy to understand, but it has cute pictures. I think it's a great idea to teach meditation to children. It's a good skill to learn and a great tool to help them not only now, but when they're going through their teen years.

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