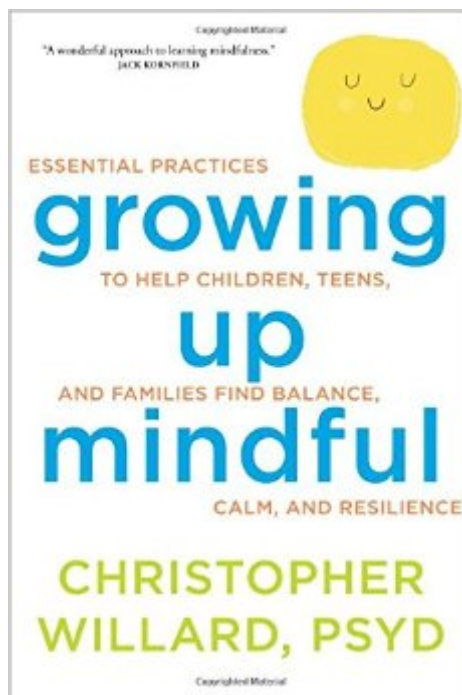


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# Growing Up Mindful: Essential Practices To Help Children, Teens, And Families Find Balance, Calm, And Resilience



## Synopsis

Introducing mindfulness into the lives of our children and teenagers is perhaps the greatest gift we can offer. Mindfulness builds emotional intelligence, boosts happiness, increases curiosity and engagement, reduces anxiety and depression, soothes the pain of trauma, and helps kids (and adults) focus, learn, and make better choices. If that weren't enough, research now shows that mindfulness significantly enhances what psychologists call "flourishing" — the opposite of depression and avoidance. *Growing Up Mindful* helps parents, educators, and counselors learn how to embody and share the skills of mindfulness that will empower our children with resilience throughout their lives. With more than 75 accessible exercises and practices, along with adaptations for the individual needs of a wide range of children and teens, this inspiring guidebook brings you road-tested insights and tools for:

- Tapping the power of the imagination, play, and creativity
- Body-based mindfulness and movement practices
- Creatively overcoming resistance and gaining kids' buy-in
- The mindful use of technology and social media
- Building the foundation through your own personal practice
- "Attending" and "Befriending" — two positive responses to stress
- Setting intentions and managing expectations of new practitioners
- Sharing mindfulness in a formal setting including schools and workplaces
- Extending our practice into the larger communities we share

"Seeds of mindfulness can be planted in anyone at any time" — seeds that under the right conditions can burst and bloom into a life of compassion and connection," writes Dr. Willard. *Growing Up Mindful* invites you to "embark on something incredible and world-changing" as you join the growing community of adults bringing wonder, curiosity, and reflection back into childhood and adolescence.

## Book Information

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& Dieting > Psychology & Counseling > Child Psychology #186 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Ordered for our public library collection and a patron that found it left clutching the book like it was the answer to all her questions. I read the book on its return and it is indeed a wonderful road map to being positive. Read this and change your attitude.

If I could give this book 10 stars, I'd do it! I have been teaching mindfulness to pre-K to 8th grade in a school in St. Louis, starting my 8th year now. Because I'm teaching the same students each year, I need to "reinvent" curriculum that continues to interest them and challenge them. This book is a treasure trove of wonderful, easily implemented practices! His descriptive practice for understanding the different responses to stress will illustrate mindfulness more than words could possibly do. His chart on the positive impact of a regular mindfulness practice really resonated with our faculty on our beginning of the year retreat. This book is for parents, teachers and therapists who are interested in sharing mindfulness with the kids in their lives. It is for someone just beginning to formulate what that might look like and for someone who's been doing it for a while. His suggestions are clear and easy to follow. His encouragement for pursuing teaching mindfulness to the kids in our lives is both uplifting, practical and stabilizing. Thanks, Christopher, for your thoughtfulness and thoroughness in putting together this guide for the rest of us.

This is a must-have book for parents, teachers, and therapists who are passionate about helping kids learn ways to become calmer, more resilient people in this stressful, demanding world. Chris Willard's writing is lively and accessible, filled with humor and wisdom. He has pulled together a wealth of information from his own and others' experience and synthesized it into a readable, well-organized book, filled with practical, doable tools and strategies for beginners and veterans alike.

I was pleased to receive the book *Growing Up Mindful* from the author, Christopher Willard, PSYD. As I have become increasingly more focused on bringing mindfulness into situations where mindfulness might not be readily available, such as in schools, offices and while working with the special needs populations, I have enjoyed the wide array of books on the practical applications of mindfulness, that I can adapt to my needs. Dr. Willard is at the top of the game. This book was

really user friendly with just enough scientific knowledge mixed with common sense. A dream book of ideas to help create a sense of balance, ease and flexibility in your life, that of your family and also to those around you. From the excellent mindfulness exercises to the practical advice, Dr. Willard offers creative and useful scripts, examples and ideas on how to bring mindfulness into your day. I highly recommend this book. It is an excellent tool for anyone: parent, teacher, and boss who wants to help young people bring mindfulness into their lives. Disclaimer: The author sent me a copy of Growing Up Mindful. All opinions are my own.

This book gives a parent, teacher or therapist everything s/he needs to bring mindfulness into the lives of kids. It is packed with excellent techniques and activities, and is written in a way that makes the reader feel supported, calm and centred. Highly recommend!

Filled with wonderful suggestions for mindful practices for all ages!

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