

Breathe Like A Bear

When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing. Our newest offering from the bestselling creators of Good Night Yoga teaches kids fun and easy breathing practices based on the proven methods of yoga and mindfulness meditation. Sample practices: When something makes you mad or even feels unfair, try this counting breath and you'll feel calmer there. Sit up and let your spine grow tall. Take a deep breath in, counting silently 1 . . . 2 . . . 3. Then let your breath out slowly, counting 1 . . . 2 . . . 3. When you go somewhere you've never been and you aren't sure what to do, you can use a dandelion breath to feel more comfortable trying something new. Sit up and let your spine grow tall. Put one hand on your chest. Place your other hand on your belly. Take slow deep breaths and feel your chest and your belly move up and down as the air goes in and out of your body. At night when it's hard to fall asleep because your mind is busy and your body feels tight, try balloon breath to get relaxed and ready for a good night. Lie down on your back and let your hands rest by your sides, palms up. Inhale through your nose and imagine filling your body with breath like a big balloon. Exhale and blow the air out through your mouth. What color is your balloon?

By the same team as I Do it Like This, I Breathe helps children to control their emotions using breathing techniques and a bit of yoga.

Breathe Like a Bear 30 Mindful Moments for Kids to Feel Calm Anytime Anywhere Rodale

Take your kids on a guided relaxation with "I Can Breathe Like A...A Mindful Breathing Book for Kids!" This book encourages relaxation and helps kids to manage their emotions by using fun and engaging characters to guide them through various breathing techniques! Each page has a new breathing technique to try, complete with beautiful illustrations! Your kids will love practicing these breathing techniques with their favourite animals!

This book for teachers, parents, and others who work with children is adapted from traditional meditation and yoga techniques and presented in factual, kid-friendly language. Breathe, Chill presents 70 breathing, meditation and relaxation activities adapted for children of all ages.

Some exercises offer an outlet for tension or stress, while others stealthily teach deep breathing skills, present moment awareness and relaxation. Organized into three sections, Breath Play, Breathing Techniques, and Relaxation and Meditation Techniques, each exercise is broken down in the same format: What is it? How does it help me? How do I do it?

A yoga and mindfulness picture book that encourages young readers to breathe, slow down, and move into various gentle and playful poses as they ease into a practice of meditation. With a gentle reminder for children to breathe and to connect their bodies, this beautifully illustrated picture book contains a sweet cast of animal friends to guide young readers from one yoga pose to the next. From reaching your hands up to the sky to stretching like a cat to pressing up like a cobra snake, each posture helps to control breathing, engage in the present moment, and ultimately lead towards calmness and peacefulness. The soothing, rhythmic text paired with illustrations that offer a lot of sweet humor make this book perfect for young readers ready to interact with yoga poses and practice mindfulness.

When winter comes, six sleepy bears are rhymed to sleep by Mother Bear.

A collection of mindfulness exercises to help kids calmly and mindfully navigate their day. With sections dedicated to key activities in a child's routine-waking up, traveling, learning, playing, eating, and bedtime-kids can learn techniques for managing their bodies, breath, and emotions.

“Richly composed and sweetly appealing—just right for baby storytimes as well as one-to-one sharing.” —Kirkus Reviews (starred review)
“Perfectly suitable as a read-aloud.” —School Library Journal Take a deep breath and dive into a day in the life of a baby whale, told with luminous illustrations and spare text, with a fresh twist on a timeless message. Swim! Play all day. Breathe. This simply told story follows a young whale on a journey of discovery as he experiences his first day at sea on his own! He swims, explores, and makes friends in his marine habitat. After a day of independence, this little whale delights in returning home to his mother. Young readers will be drawn to Scott Magoon’s reassuring story of adventure.

A new approach to improving quality of life through your most accessible resource: your breath. Internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. Complete with more than seventy-five photos and illustrations, *The Breaking Book* offers a thorough and inspiring program that you can tailor to your specific needs. Whether you need an energy boost or are seeking a safe, hassle-free way to cope with everyday stress, you will find answers here. These safe and easy-to-learn techniques can also be used to treat asthma, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions. "Donna Farhi has been a student, researcher, and teacher of the breath for many years, and now we get to reap the results of her studies in this exquisite manual." -- *Yoga Journal*

Part of the *Mindfulness Moments for Kids* series, this mindful meditation exercise featuring a sweet bear cub helps kids feel calm, wherever they are. With this board book, kids will learn to control their breathing and soothe themselves slowly to sleep, just like a bear in hibernation! Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning writing, this board book series (*Listen like an Elephant* and the upcoming *Bunny Breaths*) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful *Breathe like a Bear* hardcover/trade paperback--a collection of mindful moments and exercises for kids--this board book is an easy-to-follow breathing exercise kids can use to manage their bodies, breath, and emotions.

For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra. *Just Breathe* is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including: Dealing with stress Getting to sleep Building self-confidence Focusing on school/tests/other work Ridding oneself of anxiety Beginners will learn the basics of meditation

and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces. Just Breathe is the go-to book for kids who want to learn more about mindfulness and meditation.

An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 17 yoga poses is included.

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim’s Story**—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and

mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

A Mom's Choice Gold Award Winner! Being present means... Noticing when someone needs help Waiting patiently for your turn Focusing on what's happening now Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. More Awards for What Does It Mean to Be Present? The Living Now: Books For Better Living Award The Nautilus Silver Award for Children's Picture Book The Moonbeam Gold Children's Book Award for Mind-Body-Spirit/Self-Esteem

Self-Care for Kids A kid-friendly introduction to self-soothing and mindfulness with adorable animal friends. A child's "very first step" into mindfulness where the story's short rhymes can be used as soothing mantras, paired with delightful illustrations of baby animals working through anxious situations. This book does double duty as a self-help story providing great comfort beyond the pages.

A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own. Beautiful color illustrations by Wietske Vriezen, illustrator of Planting Seeds (ISBN-13: 978-1-935209-80-5) and Mindful Movements (978-1-888375-79-4).

Bring the family together for a calming exercise to promote a healthy body. Wash away anxiety and stress with Calm Yoga Bear as we build muscles, confidence, and calm breathing together. ? Follow Calm Yoga Bear in a journey through the Calm Yoga Bear Flow, a pose-by-pose rhyming story book by Mary Nhin. Developed to help children incorporate a calming fitness and breathing routine into their day.

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and

loneliness. With rhythmic writing and engaging illustrations, *Breathing Makes It Better* guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level.

Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored.

From New York Times bestselling author Nick Ortner comes a beautiful picture book that will help children discover calm through the magic of mindful breathing: Do YOU have the magic breath? Let's see... Take a deeeeeep breath in... and BLOW it out... ...and like magic, you can feel better just by breathing! Sometimes it's hard to feel happy. But with this interactive picture book, children breathe along as they learn how to make angry or sad thoughts disappear. In a world that is sometimes too busy, with too many things going on, *My Magic Breath* will help steer children into a serene space of mindfulness, self-awareness, and balance. A wonderful classroom and naptime story, this book is perfect for fans of Susan Verde's *I Am Yoga* and *I Am Peace*, Mariam Gates's *Good Night Yoga*, and Deborah Underwood's *The Quiet Book*.

"From Awareness to Zen and everything in between, take a deep breath, find some quiet space, and together we'll discover the magic of mindfulness!"--Page 4 of cover.

Part of the *Mindfulness Moments for Kids* series, this mindful breathing moment teaches kids to find peace and calm. With *Hot Cocoa Calm*, kids learn to how to take control of their emotions and breathe their way to calm. The perfect soothing read for bedtime before the winter holidays, this board book celebrates the peacefulness of the season. Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child's desk at school. *Mindfulness Moments for Kids* offer easy-to-follow exercises that kids can use to manage their bodies, breathing, and emotions.

A boy and a polar bear who share a friendship learn to relax together.

I breathe slowly in, I breathe slowly out. My breath is a river of peace. I am here in the world. Each moment I can breathe and be. Hear thunder crash, feel your toes touch sand, and watch leaves drift softly away on a quiet stream. The simple poems in *Breathe and Be* help children learn mindfulness as they connect to the beauty of the natural world. Mindfulness teaches us how to stay calm, soothe our emotions, and appreciate the world around us. Whether we're watching tiny colored fish darting in the water or exploring the leaves, branches, and roots of a towering tree, the thoughtful words and the lovely art of *Breathe and Be* remind us how much joy we can find by simply living with awareness and inner peace. Ages 4–8

Children pretend to be many different animals as they do various yoga poses.

Moody Cow has a lot of angry thoughts after a frustrating day, but his grandfather sets up a Mind Jar with sparkles and shows him that just as the sparkles settle in the jar, Moody Cow's angry thoughts can settle through meditation.

A vivid sense of the wilderness and nature's power comes through in this intriguing and tension-filled YA novel narrated by a contemporary teen. Perfect for animal lovers, this unusual novel has hints of the quirky charm of *Geek Girl* and the emotional depth of *The Last Leaves*

Falling. Darcy's dad, a naturalist, moves their family from England to the snowy wilderness of Yellowstone National Park. Mum, Dad, and older brother Jem are all thriving, but Darcy misses her friends, and civilization, including WiFi. She's also sick, getting weaker with each day, and having strange dreams—or are they something else? Then she finds an injured mother bear whose cubs were killed by hunters. The bear is enormous, and powerful, but she doesn't threaten Darcy—she makes Darcy feel alive. The bear needs Darcy just as much as Darcy needs her. Darcy must help her, even though she might not be well enough to take care of the bear, let alone herself. A mystery illness, shifting points of view, and dreamlike sequences make this an unusual and immersive story. Darcy is brave and resourceful, but nothing has prepared her to confront nature's ultimate question: Can a girl and a wild bear triumph over the basic rule of survival: kill or be killed? From National Book Award in Fiction finalist Andrew Krivak comes a gorgeous fable of Earth's last two human inhabitants, and a girl's journey home. In an Edenic future, a girl and her father live close to the land in the shadow of a lone mountain. They possess a few remnants of civilization: some books, a pane of glass, a set of flint and steel, a comb. The father teaches the girl how to fish and hunt, the secrets of the seasons and the stars. He is preparing her for an adulthood in harmony with nature, for they are the last of humankind. But when the girl finds herself alone in an unknown landscape, it is a bear that will lead her back home through a vast wilderness that offers the greatest lessons of all, if she can only learn to listen. A cautionary tale of human fragility, of love and loss, *The Bear* is a stunning tribute to the beauty of nature's dominion. Andrew Krivak is the author of two previous novels: *The Signal Flame*, a Chautauqua Prize finalist, and *The Sojourn*, a National Book Award finalist and winner of both the Chautauqua Prize and Dayton Literary Peace Prize. He lives with his wife and three children in Somerville, Massachusetts, and Jaffrey, New Hampshire, in the shadow of Mount Monadnock, which inspired much of the landscape in *The Bear*.

Learn the power of mindful breathing through the fun and interactive exercises in this book. With *The Breathing Book*, young readers discover the power of mindful awareness through a series of breathing practices and engaging activities designed to calm the mind and body, set positive intentions, and spark creativity and imagination. A book that's much more than just a book, this interactive offering from Christopher Willard and Olivia Weisser invites readers to bring their full attention to the sights, sounds, and tactile sensations that arise as they explore the practices on each page with awareness. With simple instructions and delightful illustrations, you'll use your breath to bring this book to life by turning the pages ... balancing the book on your head, hand, or belly ... tracing shapes and labyrinths ... "reframing" troubling thoughts and feelings ... sending kind wishes to people and our planet ... and many more activities that can be practiced again and again. A simple relaxation and calming technique, belly breathing is a tool everyone can use! Studies have found that belly breathing improves concentration and relieves tension. This mindfulness board book showcases the easy skill that is a great way to teach kids how to manage stress and emotions.

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. "First published in the United States of America by Dutton Books, an imprint of Penguin Random House LLC, 2016"--Title page verso. Nineteen-year-old Cowney Sequoyah yearns to escape his hometown of Cherokee, North Carolina, in the heart of the Smoky Mountains.

When a summer job at Asheville's luxurious Grove Park Inn and Resort brings him one step closer to escaping the hills that both cradle and suffocate him, he sees it as an opportunity. With World War II raging in Europe, the inn is the temporary home of Axis diplomats and their families, who are being held as prisoners of war. Soon, Cowney's refuge becomes a cage when the daughter of one of the residents goes missing and he finds himself accused of abduction and murder. Even *As We Breathe* invokes the elements of bone, blood, and flesh as Cowney navigates difficult social, cultural, and ethnic divides. After leaving the seclusion of the Cherokee reservation, he is able to explore a future free from the consequences of his family's choices and to construct a new worldview, for a time. However, prejudice and persecution in the white world of the resort eventually compel Cowney to free himself from larger forces that hold him back as he struggles to unearth evidence of his innocence and clear his name.

From writer Idan Ben-Barak and illustrator Julian Frost, the creators of *Do Not Lick This Book*, comes a hilarious, interactive picture book that takes a look inside our bodies to show what humans are made of in *There's a Skeleton Inside You...*

Part of the *Mindfulness Moments for Kids* series, this mindful meditation exercise featuring a colorful elephant helps kids feel focused, wherever they are. With *Listen Like an Elephant*, kids learn to slow down, listen to the world around them, and focus their minds--no matter how messy life becomes. Best of all, the exercise can be performed anywhere: in the backseat of a car, at home, or even at their desk at school. Written by Kira Willey, winner of a Parents' Choice Gold Award, this board book series (also including *Breathe Like a Bear* and the upcoming *Bunny Breaths*) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful hardcover and paperback editions of *Breathe Like a Bear*--a collection of mindfulness moments and exercises for kids--this board book is an easy-to-follow exercise kids can use to manage their bodies, breath, and emotions.

Annabel dreams of one day being a scientist, but teasing from other kids at school has hurt her confidence and left her feeling sad and alone. Join her as she learns how to use the Magical Tapping Technique to quickly release her sadness and regain her confidence. Through the book, you'll learn about the scientifically proven technique commonly known as "Tapping" and how you can use it for both yourself and your child to overcome stress, anxiety, negative emotions, and much more. Your child will love the fun descriptions and illustrations for each point, such as the Super Eagle Eye Point, Lion Cry Point, Dragon Fire Point, Wolf Point, and more. Your child will be having a blast as they howl, hug, thump on their chest, act like a monkey, and more . . . all while learning how they can use Tapping to help themselves in real life! In *Alphabreaths*, children will learn their ABCs and the basics of mindfulness through playful breathing exercises. Breaths like Mountain Breath and Redwood Breath will connect them with nature, while breaths like Heart Breath and Wish Breath will help them remember to fill their heart with gratitude and send good wishes to others. Simple, playful, and with delightful illustrations, *Alphabreaths* is the perfect introduction to mindfulness and breath awareness.

For fans of *Girl in Pieces*, *All the Bright Places*, and *Girl, Interrupted* comes a haunting and breathtaking YA

contemporary debut novel that packs a powerful message: hope can be found in the darkness. "Raw, heartbreaking, and poignant." —New York Times-bestselling author Kathleen Glasgow A Chicago Public Library and Kirkus Best Book of the Year! Seventeen-year-old Ellie had no hope left. Yet the day after she dies by suicide, she finds herself in the midst of an out-of-body experience. She is a spectator, swaying between past and present, retracing the events that unfolded prior to her death. But there are gaps in her memory, fractured pieces Ellie is desperate to re-assemble. There's her mother, a songbird who wanted to break free from her oppressive cage. The boy made of brushstrokes and goofy smiles who brought color into a gray world. Her brooding father, with his sad puppy eyes and clenched fists. And Ellie's determined to find out why a piece of her was left behind. Told in epistolary-like style, Rocky Callen's deeply moving *A Breath Too Late* sensitively examines the beautiful and terrible moments that make up a life and the possibilities that live in even the darkest of places. Perfect for fans of the critically-acclaimed *Speak*, *I'll Give You the Sun*, and *If I Stay*. "An exquisitely played love song to life, in all of its hurts, wonders, memories, and loves." —Jeff Zentner, Morris Award winning author of *The Serpent King* and *Goodbye Days* "A haunting story, punctuated with brilliant points of hope and light. This is an important story. A necessary story . . . Callen's writing radiates with passion, honesty and love." —National Book Award finalist and Printz Award-winning author An Na

Part of the Mindfulness Moments for Kids series, this mindful meditation exercise featuring a sweet bear cub helps kids feel calm, wherever they are. With this board book, kids will learn to control their breathing and soothe themselves slowly to sleep, just like a bear in hibernation! Best of all, it can be performed anywhere: in the backseat of a car, at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning writing, this board book series (*Listen like an Elephant* and the upcoming *Bunny Breaths*) is the first of its kind and is the perfect tool to help children and parents develop a fun and consistent mindfulness practice. Adapted from the successful *Breathe like a Bear* hardcover/trade paperback--a collection of mindful moments and exercises for kids--this board book is an easy-to-follow breathing exercise kids can use to manage their bodies, breath, and emotions.

[Copyright: cba84e3df18860196f659e2908028d3f](https://www.cba.com/84e3df18860196f659e2908028d3f)