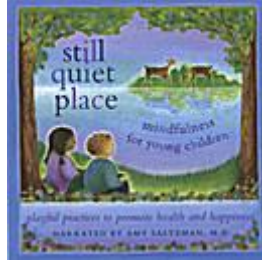


# Mp3 Amy Saltzman M.d. - Still Quiet Place: Mindfulness For Young Children



[DOWNLOAD HERE](#)

Playful practices to promote health and happiness 14 MP3 Songs KIDS/FAMILY: Educational, SPOKEN  
WORD: Educational Show all album songs: Still Quiet Place: mindfulness for young children Songs  
Details: Children: The Still Quiet Place is a special place inside of you that you can visit anytime. It is especially helpful to visit if you are feeling angry, sad, afraid, or upset. Lets go there now. . . . First, take a slow deep breath. Now, close your eyes, take another slow deep breath, and feel a warm easy smile in your body. Do you feel it? Good. This is your Still Quiet Place. Take some more easy breaths and really snuggle in. Adults: Mindfulness is process of developing moment to moment inner awareness which has been proven to reduce stress. So how might our children benefit if they learn this life skill now while they are young, and remain familiar with the Still Quiet Place within themselves as they grow-up? Maybe if our children are able to experience their thoughts, feelings, and bodily sensations without being overwhelmed, they will be less prone to the unhealthy effects of stress. Perhaps if they learn to access a natural sense of peace, and to trust their own inner wisdom, they will be less susceptible to harmful peer influences, and less likely to look for relief in potentially risky behaviors. Research indicates that reducing childrens stress enhances their physical health, social relations, academic abilities and most importantly their sense of well being.

[DOWNLOAD HERE](#)

Similar manuals:

[MP3 In Color - In Color \(the Lamp Album\)](#)