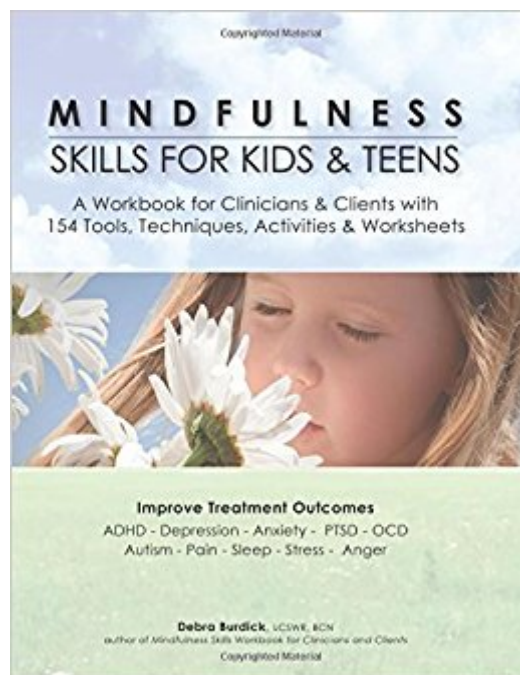


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# Mindfulness Skills For Kids & Teens: A Workbook For Clinicians & Clients With 154 Tools, Techniques, Activities & Worksheets



## 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

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Average Customer Review: 4.4 out of 5 stars 19 customer reviews

Best Sellers Rank: #30,962 in Books (See Top 100 in Books) #37 in Books > Medical Books > Psychology > Adolescent Psychology #40 in Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #105 in Books > Medical Books > Psychology > Clinical Psychology

## Customer Reviews

"This is an amazing, practical addition to the growing resources to help children and adolescents with a range of neurodevelopmental and emotional difficulties develop specific skills to manage stress, tolerate frustration, and gain more awareness of blocks to obtaining what they want in life."

-->b>Laurie C. Dietzel, Ph.D., Co-Author, Late, Lost, & Unprepared"She takes you through all ages and stages of development with specific directions on how to use and implement her mindfulness

techniques. This coupled with the explanation of neuroscience adds to the richness and beauty of this amazing book." --Susan P. Epstein, LCSW , Author of 55 Creative Approaches for Challenging & Resistant Children & Adolescents: Techniques, Activities, Worksheets and Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents" "With our fast paced world, mindfulness has been left out of the equation in our homes and in our schools. Debra is taking it back to basics in her brilliantly written book that makes neurobiology fun and easy to understand!" --Julie Kleinhans, Confidence and Youth Empowerment Expert

Debra Burdick, LCSWR, BCN, also known as The Brain Lady, is the author of the best-selling Mindfulness Skills Workbook for Clinicians and Clients. She is an international speaker, psychotherapist and neurotherapist who has been teaching mindfulness skills to her clients for more than 25 years.

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'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.

Activities could be change to fit a group setting. Detailed enough to learn about mindfulness and simple enough to follow and put into practice.

Good resource.

love it

I found some fabulous activities to use with my students who are challenged with emotional disorders.

Content is great, but Kindle version means the worksheets are useless

Lots of great information and exercises.

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Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets ADHD Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents with 162 Tools, Techniques, Activities & Handouts The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) The CBT Toolbox: A Workbook for Clients and Clinicians Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) Word Search for Kids Ages 6-8: Reproducible Worksheets for Classroom & Homeschool Use (Woo! Jr. Kids Activities Books) Crossword Puzzles for Kids Ages 7 & Up: Reproducible Worksheets for Classroom & Homeschool Use (Woo! Jr. Kids Activities Books) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other High Paying Clients for Life: A Simple Step By Step System Proven To Sell High Ticket Products And Services (Selling Services: How to sell anything to ... and How to Get Clients for Life Book 1) The Irresistible Consultant's Guide to Winning Clients: 6 Steps to Unlimited Clients & Financial Freedom Wow Your Clients: How To Land Clients And Build Long-Lasting Relationships How to Turn Clicks Into Clients: The Ultimate Law Firm Guide for Getting More Clients Through the Internet The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)

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