

Guided Imagery For Children

Lorraine E Murray

Spinning Inward Maureen Murdock,1987-11-12 If you have ever wished you could show children and teenagers how to enrich their lives with meditation and visualization, this book will delight you. It presents simple exercises in guided imagery designed to help young people ages three through eighteen to relax into learning, focus attention and increase concentration, stimulate creativity, and cultivate inner peace and group harmony. The use of guided imagery has been internationally recognized as an effective method of whole brain learning. The author's approach will have special appeal to parents and teachers who are frustrated by an educational system that seems to reward only those children who excel at verbal, linear learning. With the exercises in this book, young people can discover learning styles that are effective and enjoyable for them. These techniques of guided imagery offer adults as well as children a unique way to tap the wealth of creativity and wisdom within.

Meditation with Children Noel Keating,2018-01-28 A helpful guide to Christian meditation for children, which encourages adults to experience meditation themselves and equips them with the tools to introduce the practice to children.

Guided Imagery with Children Sarah Berkovits,2005 Do you have a disruptive child in class or home - a child who neglects homework, comes unprepared for school, fails to finish assignments, vies for attention, fights with other kids, and acts as the class clown? If everything you've tried so far has failed, why not try something different? Guided visualization with children is a new approach that brings proven results. Children who see themselves as failures are guided to transform negative images into positive ones. In this way they can successfully reverse many years of discouragement and disillusionment. Guided visualization takes little time to learn, and results are seen almost immediately. Just minutes a day can make a major improvement in the classroom or at home and save your sanity.

Guided Imagery for Healing Children Ellen Curran,2011-06-21 Their own naturally rich imaginations are one of the best resources for healing children or helping them through difficult times. *Guided Imagery for Healing Children and Teens* shows parents, caregivers, and wellness practitioners how to tap into this powerful source of healing to help children overcome the pain and discomfort of anything from a minor fever to cancer. This easy-to-use manual includes an explanation of mind-body medicine and imagery, real-life case studies from the author's experience, and many rich, scripted imageries for both the younger child and teenager. Equipped with these valuable tools, children can connect with their self-healing abilities,

strengthen their self-esteem, and enjoy their own imaginations!

Sensational Meditation for Children Sarah Wood-Vallely,2008-07 Sarah Vallely has created a step-by-step roadmap for teaching children how to meditate. Rich with philosophy, supporting science and practical examples, this book clearly explains the benefits of meditation for today's young generation. Included are 12 meditations and a variety of fun-filled exercises to help you get started right away. Higher self esteem, improved focus, better reading skills, closer family relationships and better health are just a few of the outcomes parents, therapists and teachers who have used Sensational Meditation for Children are raving about.

Breathe with Me Mariam Gates,2019-01-01 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?

Guided Imagery For Healing Children and Teens (Easyread Edition) ,

Therapeutic Games and Guided, Volume IIe Imagery Monit Cheung,2014-02-04 Therapeutic Games and Guided Imagery is packed with tools for social workers counselors school professionals students and other helping professionals in the medical and mental health fields. The exercises included are both innovative and empirically tested; they aim to help clients increase the benefits of psychotherapy within a relatively short time. Professor Cheung has structured the books with tables and a cross-referenced index to facilitate easy and efficient navigation of the many step-by-step activities and exercises. The interactive exercises contained in Volume II are designed for children and adolescents with specific needs and in multicultural settings. Based on literature supporting the use of games and guided imagery for children with specific needs the materials included provide a basis for innovative and creative engagement with children and families enabling diverse solutions for diverse needs. The volume also includes a number of multilingual exercises and several examples of the guided imagery available at the associated website. Volume II features: Records of all of the guided imagery techniques are available

for download and can be used in class or in practice session emphasis on client and practitioner collaboration in designing more effective exercise modifications promotes creativity and flexibility in clinicians cites evidence-based literature to inform multicultural applications

Guided Imagery For Healing Children and Teens (Easyread Super Large 18pt Edition) ,

Imaginations 2 Carolyn Clarke, 2014-09-15 WINNER OF THE SAN DIEGO BOOK AWARD The second book in the Imaginations series, Imaginations 2: Relaxation Stories and Guided Imagery for Kids is an essential resource for every parent and teacher who wants to help children learn to calm their bodies and relax their minds. The benefits of relaxation for kids include: *Reduced stress *Better concentration and focus *Enhanced ability to learn *Improved behavior and sleep *Increased self-esteem Learning to relax is important for people of all ages, and children who can relax are more prepared to handle big changes in their lives. Relaxation stories and guided imagery can also help ease symptoms associated with ADD, ADHD, autism, depression, and sleep disorders. Wildly imaginative and beautiful illustrations accompany the whimsical stories of Imaginations 2, which teaches children a fun way to relax that makes their minds calm and their bodies feel good. Guided meditations include: Tight and Soft A Fall Day Wintertime Springtime Summertime Rainbow Flower Garden The Thunder Drum The End of the Rainbow Nighttime Animal Adventure Lavender Fields Rainbow Bubbles Butterflies Mandalas Sunset Dinosaur Friend In the Desert Making Chocolate More Loving Kindness

Zara's Big Messy Day (That Turned Out Okay) Rebekah Borucki, 2022-04-05 Young readers will join Zara, a clever, responsible, and sometimes anxious seven-year-old girl, in learning a fun and simple breathing exercise to help them mindfully manage their big messy emotions and find peace and calm in any situation. Like a lot of kids her age, Zara sometimes struggles with managing her emotions when confronted with stressful situations. Written by a mother-of-five and celebrated meditation guide Rebekah Borucki, Zara's Big Messy Day will help your child deal with everyday stress in simple but impactful way. Guided by Zara's mother, both Zara and the reader will learn a kid-friendly breathing technique—a short visualization meditation—that will help them find peace and calm in any moment. And the best part: they'll learn to do it on their own after reading the book just one time! Zara's Big Messy Day is used by teachers, guidance counselors, and social workers in elementary school curriculum nationwide to teach students mindfulness and self-regulation. Get free gifts: You'll also get free access to downloadable coloring pages, an exclusive guided meditation for kids, and more! Just use the website link found inside the book to download your exclusive gifts. Praise for Zara's Big Messy Day: "Zara beautifully offers mindfulness for kids and adults alike." — Rachel Ricketts, activist and author of Do Better "Friends, I cannot recommend these books enough. Get Zara for you, your kids, your nieces, your nephews... They're just so beautiful!" — Jennifer Pastiloff, author of the National Bestseller, On Being Human

Guided Imagery For Healing Children and Teens (Easyread Large Bold Edition) ,

The Relaxation and Stress Reduction Workbook for Kids Lawrence E. Shapiro, Robin K. Sprague, 2009 55 activities to help your family: reduce stress, fear & worry, become more confident, relaxed & resilient, manage difficult emotions.

How to Meditate: A Beginner's Guide to Peace Brother Noah Yuttadhammo, 2010-08-30 Join with millions of people around the world in the practice of peace, happiness and freedom from suffering - the practice of meditation. In this book, you will find clear, simple instructions on an ancient meditation practice free from religious dogma or spiritual mumbo-jumbo; a practice that has helped generation after generation of ordinary people free themselves from all forms of mental and physical suffering.

The Chill Skill Niall Breslin, 2021-02-19 Bressie's third picture book helps children manage anger when things don't go their way.

The Power of Your Child's Imagination Charlotte Reznick Ph.D., 2009-08-04 Imagine your frustrated four-year-old calming her own anger with a few simple breaths. Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches. Or your worried eleven-year-old improving her concentration by consulting a personal wizard to help with homework. The Power of Your Child's Imagination will show you how to empower your child with easy, effective, and creative skills for surviving-and thriving-in a stressful world. This indispensable guide provides nine simple tools to help children cope with stress and anxiety by tapping into their imagination to access their own natural strength and confidence. Dr. Reznick illustrates how each tool can be used every day to deal with problems such as: * Stress-induced headaches and stomachaches * Phobias, panic attacks, and social anxiety * Bed-wetting and sleepless nights * Separation anxiety and fear of the unknown * Coping with death, divorce, and other losses * Hurt, frustration, and anger * Trouble with schoolwork and concentration * Sibling rivalry and school-yard squabbles

Connected Kids Lorraine E Murray, 2015-10-25 In this sequel to her best-selling book 'Calm Kids', author Lorraine Murray introduces a range of mindful, heart-felt activities to that will help children to teens learn to relax, de-stress and feel centered. You will discover how to develop bespoke tools that support children with special needs and those on the autistic spectrum. In this book you will: - learn how meditation can support brain development, emotional intelligence and improved learning - develop a bespoke meditation 'toolkit' to help children and teens to reduce anxiety and stress - learn how to use meditation to 'problem solve' and overcome challenges - read about worldwide research that supports the use of meditation for health and well-being - become empowered with mindful activities that help children to shine This book is ideal for educators, parents and professionals, especially those with/working with children with additional support needs. Lorraine E. Murray is the Managing Director of Connected Kids - a worldwide programme that teaches adults how to teach kids meditation. She has been researching and teaching this since 2003 and is the author of 'Calm Kids - Help Children Relax With Mindful Activities'.

Isaiah and the Worry Pack Ruth Goring,2021-11-09 Isaiah's got too many things on his mind, so Mom helps him imagine each of his worries as a block stashed in his backpack. As Isaiah imagines hiking through the woods carrying his worry pack, he discovers the joy and relief of trusting Jesus with his worries. This beautifully illustrated children's book also includes tools to help parents engage in conversation about the content.

Guided Meditations for Children Jane Bvm Reehorst,2015-06-22 *Guided Meditations for Children* shares a simple process that teaches children how to pray through meditation on the Scriptures. This process leads children into the Scripture scene, where they meet Jesus personally and are encouraged to talk and listen to him - which is prayer. Children will love to listen to these meditations because they love stories and because they are personally invited by Jesus to come, sit beside him, and listen to his story. Teaching children how to come to the Lord will not only affect you and your class now, but will lead children into a lifelong habit of affective prayer - the heart of religious education. Jane Reehorst, BVM, was active in teaching, storytelling, counseling, and every aspect of parish ministry throughout her sixty-two years as a Sister of Charity of the Blessed Virgin Mary. Her belief that children have the capacity--indeed a talent--for meditative prayer led her to create scripturally based meditations for them. Sister Jane specialized in adapting the Ignatian form of meditation to meet the needs of children. She invited them to use their five senses to envision a scriptural scene as a backdrop for meeting the Lord. A seasoned speaker, Jane also conducted workshops for parents and teachers to teach children how to pray. Her book is an extension of her efforts to help busy adults meet the prayer needs of their children. *Guided Meditations for Children* provides not only clear direction for those who lead young persons in prayer; but also lays the foundation for enriching life-long reflection for all God's children, young and old alike. Through her life and her writings, Jane taught many how to hear the tiny whispering sound of God as Elijah did on the mountain. Jane died in November 2013. In her autobiography, she had written: I was moved, drawn to this life [as a BVM sister] led by the Spirit. The most rewarding [part] about this life is living with Sisters who have the same cause, deepening our relationship with God and reaching out to others.

The Magic Ice Cream Palace Jose Colon,Amy Rottinger,2014-02 Bedtime can be difficult for parents and children, but it doesn't have to be. Bedtime has the opportunity to be a bonding experience for children and parents. *Paradise Sleep Children's Books* help teach children self-regulation skills through story and metaphor. There is also an emphasis in living in the present moment. The stories are whimsical and engaging for the child, while also teaching valuable life lessons to parent and child alike-because a healthy child needs a healthy family. When we encourage others to encourage others, we make this world a better place.

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