

## Breathe Like A Bear

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### **Breathe Like A Bear**

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.

### **Breathe Like a Bear: 30 Mindful Moments for Kids to Feel ...**

'Breathe Like a Bear' is not a story, it is a series of exercises to help children with emotional regulation. The variety of exercises allows each child to find one that works specifically for them. The illustrations are of animals and nature and add to the peaceful feeling of the book. A good resource to help children relax and focus.

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### **Amazon.com: Breathe Like a Bear: 30 Mindful Moments for ...**

Breathe Like a Bear is filled with playful and imaginative ideas for helping kids connect to themselves, whether it's their own strong energy or inner calm. Each moment that Kira has so elegantly sculpted and described conjures up delicious, beautiful, or whimsical, child-friendly scenarios.

### **Mindfulness Moments for Kids: Breathe Like a Bear: Willey ...**

Based on Kira Willey's Parents' Choice GOLD Award winner Mindful Moments for Kids, Breathe Like a Bear is sure to help kids find calm, gain focus, and feel energized during the day, while also encouraging families to establish fun and consistent mindfulness practices, whether at home or on the go.

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### **Breathe Like a Bear: 30 Mindful Moments for Kids to Feel ...**

30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Teach your little ones to relax and focus with this collection of calming exercises.

### **Breathe Like a Bear - Trailer - YouTube**

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### **Book Trailer "Breathe like a Bear" by Kira Willey - YouTube**

Breathe Like a Bear is a beautifully illustrated, age appropriate guide to mindfulness. Kids and their parents will enjoy and benefit from these playful ideas to help kids connect to themselves. The exercises are broken into the five different categories of Be Calm, Focus, Imagine, Make Some Energy, and Relax.

### **Breathe Like a Bear | Puppy Dogs & Ice Cream Blog**

"Breathe like a Bear" is written by Kira Willey, a children's music artist and kids yoga expert. Kira provides enjoyable, engaging activities children will love. The book's focus on fun, rather than lots of explanations about the mindfulness message, makes it especially appropriate for young children.

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### **Breathe Like a Bear (Audiobook) by Kira Willey | Audible.com**

Peaceful Like a Panda, a companion to the bestselling Breathe Like a Bear, has 30 NEW mindful moments designed to help children calm themselves down, let go of stress, and focus their energy. The chapters are divided into times of day, so it's incredibly easy to fit an exercise (or two or three) into even the busiest of days.

### **Kira Willey - Books**

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### **Download [PDF] Breathe Like A Bear eBook | Free Online**

Help your child enhance their self-regulation skills. This breathing technique can be practiced every day. Once this is practiced, your child will be

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able to...

### **Breathe Like a Bear - YouTube**

Age range 5 to 9 Breathe Like a Bear is a guide to mindfulness and meditation for children. Through 30 simple and beautifully illustrated activities and mindfulness exercises, parents can help kids manage their bodies, breath, and emotions. About the Author Kira Willey is an award-winning children's music artist, kids' yoga expert and creator of Rockin' Yoga school programmes.

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