



Mindful Moments Cards

By Lynea Gillen

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Mindful Moments Cards By Lynea Gillen

This beautifully illustrated deck of 50 cards with short contemplations invite children and adults alike to thoughtful reflection and self-awareness. Through practice, we can imagine new possibilities, learn to direct our thoughts in positive directions and have greater control over our lives.

For what we think affects how we feel and what we do.

Supporting the social-emotional learning activities and principles laid out in the award-winning book *Yoga Calm for Children*, and used in Yoga Calm teacher training workshops, Mindful Moments Cards cover a wide range of experience, emotion and imagination. Some help us remember positive events in our lives. Others help us imagine successful futures. All help develop mindfulness, focus and relaxation skills.

Great for home or classroom use. Ages 4 and up.

Sample Cards

Remember a time when a friend listened to you. Who was that friend? How did that make you feel?

Imagine a time when you wanted to befriend a frightened or shy animal. Think of how still you became, and how you carefully encouraged the animal to trust you.

Remember a time when you felt very strong in your body. What were you doing? Who was there?

Think of your favorite tree. Now imagine that you can plant that tree in a special place. Go to that place, dig a hole and plant the tree. Imagine that you can see into the future and watch the tree grow tall.

The cards come with a sheer silver drawstring bag for easy storage.

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Mindful Moments Cards By Lynea Gillen Bibliography

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Editorial Review

About the Author

Lynea Gillen, LPC, MS, RYT, national award-winning author, counselor, speaker and educator has been sharing her love of literature with children for over 30 years and her skills/resources as educator and counselor throughout the Pacific Northwest and beyond for over 35 years.

Lynea has recently been recognized for her triple award-winning book *Good People Everywhere* with Mom's Choice, Teacher's Choice and Moonbeam Children's awards. Her book *Yoga Calm for Children* is the #1 selling book for teaching yoga in schools and has won a Mom's Choice award with her DVD *Kids Teach Yoga: Flying Eagle*.

She is also the creator of the newly released Little Book of Healing: A Coloring book for Grief and Loss.

Lynea is an innovator in the field of wellness education for youth. From it's development in a behavior classroom in a rural Oregon town ten years ago, her Yoga Calm program is now being used with over 250,000 children in diverse settings such Head Start programs, urban classrooms, occupational therapy clinics, summer camps and, even the Mayo Clinic and Masonic Children's Hospital in Minnesota.

Lynea is a child and family counselor in Portland, Oregon and is also an adjunct professor at Portland State University and Lewis & Clark College.

Users Review

From reader reviews:

Melanie Tuck:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite book and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the book entitled Mindful Moments Cards. Try to face the book Mindful Moments Cards as your buddy. It means that it can to be your friend when you really feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated to suit your needs. The book makes you a lot more confidence because you can know every little thing by the book. So , let me make new experience along with knowledge with this book.

Danny Exum:

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Michael Becker:

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