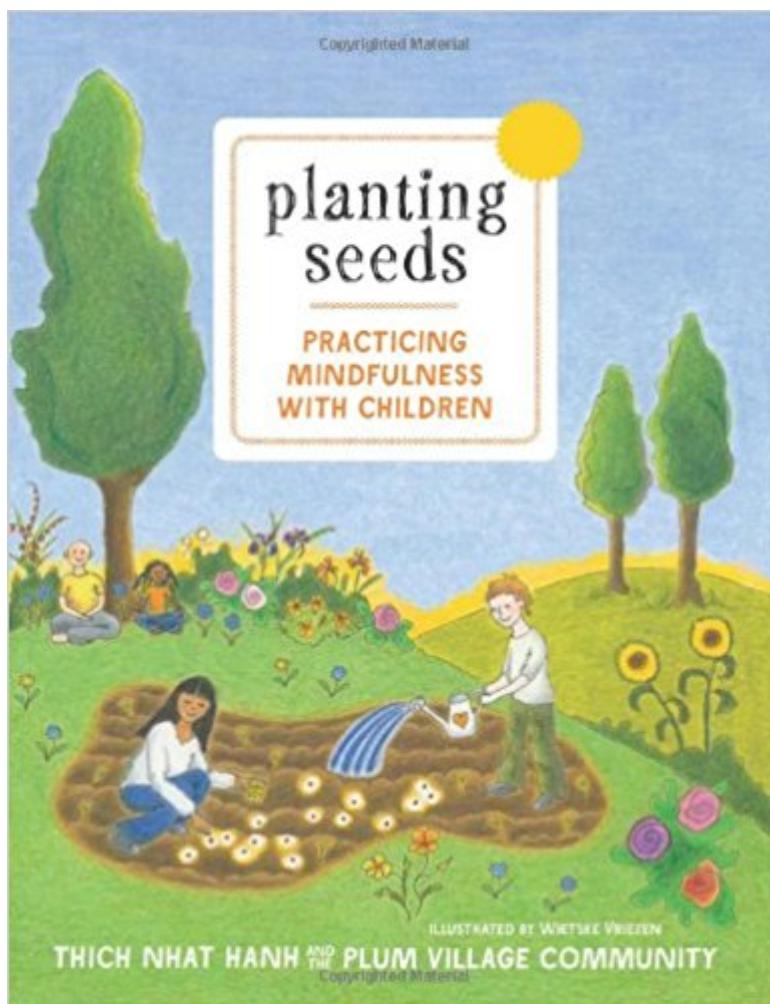


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# Planting Seeds: Practicing Mindfulness With Children



## Synopsis

Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. A Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included, are the lyrics to the songs on the enclosed CD that summarize and highlight the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children's touching the earth. Beautiful, color illustrations by Wietske Vriezen Illustrator of Mindful Movements (ISBN-13: 978-1-888375-79-4) accompany the various practices. A Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book and CD helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others. Illustrated by Wietske Vriezen Illustrator of Mindful Movements (Mindful Movements Aca -a œ Ten Exercise for Well Being, ISBN-13: 978-1-888375-79-4). Includes 1 audio CD.

## Book Information

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## Customer Reviews

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include Happiness and Peace Is Every Step. His previous books for children include, A Pebble for Your Pocket, The Coconut Monk, and The Hermit and the Well. He lives in Plum Village in southwest France, where he teaches the art of mindful living. Wietske Vriezen was born in Wassenaar, The Netherlands. She met Thich Nhat Hanh during a retreat in Holland in 2000 and was touched deeply by the practice. Since then, she has illustrated a number of books based on the teachings of Thich Nhat Hanh, most recently Mindful Movements and A Basket of Plums. She lives in Rotterdam, The Netherlands where she works as a psychologist with gifted children.

I work in pediatric psychiatry and have found this book to be very helpful. As an author, Thich Nhat Hanh is engaging, knowledgeable and easy to follow. This book was no exception. I think this is a wonderful book for anyone who wants tips on teaching mindfulness to children. I think it is important to note, however, that some of the exercises are quite Easternized. For Example, there is one snack activity where the children bow to each other. I don't know that I would utilize that part of the activity, but could easily adapt it for my patients. There is also discussion about not killing mosquitos, so certainly one must be willing to take what they want from the book and make modifications as necessary. Overall, this is an excellent book. Thich Nhat Hanh, once again, has done a terrific job with what could be a complicated subject.

Wonderful book with a great CD of meditative music and children's songs/chants. Not only is it helping me teach my 3-year-old, but it's keeping me more mindful, which is the key to teaching by example! Another great book by Thich Nhat Hanh! I found this at a spiritual bookstore in my city where it was twice the price- glad I thought to check before buying :)

It comes with a really nice music CD that the kids love to listen too. It has a children's guided meditation on the cd. We love this book. It has really brought our family close together and have taught my kids to be more mindful and empathic. It is a great tool for parents. I have bought this

book for new parents to be. I highly recommend it regardless of what religion you come from.

More geared for teachers than for grandmas, but good. I took up meditation recently and find it so beneficial. Think it would be a positive if children were introduced to the practice at an early age. In our increasingly busy world it is good to know how to wind down and enjoy our blessings. Thich Nhat Hanh has written many books on the subject, this one geared for children.

There is SO much talk in this culture about self-confidence and overcoming fear and anxiety. But, no one REALLY tells you how to DO this, really. Release true will(power) by doing nothing!The place to begin is now, right here, by doing nothing at all! Breathe deeply.Amazing. No need to slay a dragon, punch out an enemy, earn a bazillion bucks, or lose weight.Shhhhhsh! Don't tell anyone this. It's the greatest secret of all. Oh, do yourself and your loved ones a favor: rest!

Love this book -- it has so many great ideas of how to teach mindfulness to children (and for adults too). I am using it for my toddler and preschooler and they love the special time we spend learning from it.

Our materialistic and violence addicted American society can learn alot from "Practicing Mindfulness with Children."Our church uses these methods with our "Gody Play" Christian Education program and the teachers and children love it.Parents tell us that behavior at home and school is also improving as children learn how to cope with stress.

My children love the songs from this album. The songs are so clever and the teachings are fantastic.

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