



Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

By Debra Burdick

Download now

Read Online 

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick

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

 [Download Mindfulness Skills for Kids & Teens: A Workbook fo ...pdf](#)

 [Read Online Mindfulness Skills for Kids & Teens: A Workbook ...pdf](#)

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

By Debra Burdick

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick

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

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick Bibliography

- Sales Rank: #40656 in Books
- Published on: 2014-09-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .73" w x 8.50" l, .0 pounds
- Binding: Paperback
- 296 pages

 [Download Mindfulness Skills for Kids & Teens: A Workbook fo ...pdf](#)

 [Read Online Mindfulness Skills for Kids & Teens: A Workbook ...pdf](#)

Download and Read Free Online Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick

Editorial Review

Review

"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

About the Author

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.

Users Review

From reader reviews:

Robert Young:

In this 21st millennium, people become competitive in each way. By being competitive right now, people have do something to make these survives, being in the middle of often the crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yes, by reading a book your ability to survive raise then having chance to stand than other is high. In your case who want to start reading the book, we give you this kind of Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets book as basic and daily reading guide. Why, because this book is usually more than just a book.

Frank Anderson:

Typically the book Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets will bring someone to the new experience of reading any book.

The author style to spell out the idea is very unique. In the event you try to find new book to study, this book very suitable to you. The book *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets* is much recommended to you to see. You can also get the e-book in the official web site, so you can quickly to read the book.

Beatrice Rogers:

Are you kind of occupied person, only have 10 or 15 minute in your morning to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are having problem with the book as compared to can satisfy your small amount of time to read it because this all time you only find publication that need more time to be go through. *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets* can be your answer because it can be read by a person who have those short free time problems.

Ella Hodge:

Don't be worry in case you are afraid that this book will filled the space in your house, you might have it in e-book approach, more simple and reachable. This specific *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets* can give you a lot of friends because by you checking out this one book you have issue that they don't and make an individual more like an interesting person. This book can be one of one step for you to get success. This reserve offer you information that maybe your friend doesn't recognize, by knowing more than various other make you to be great people. So , why hesitate? Let me have *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets*.

Download and Read Online *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets* By Debra Burdick #IQ5UTPFAMYB

Read Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick for online ebook

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick books to read online.

Online Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick ebook PDF download

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick Doc

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick Mobipocket

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick EPub