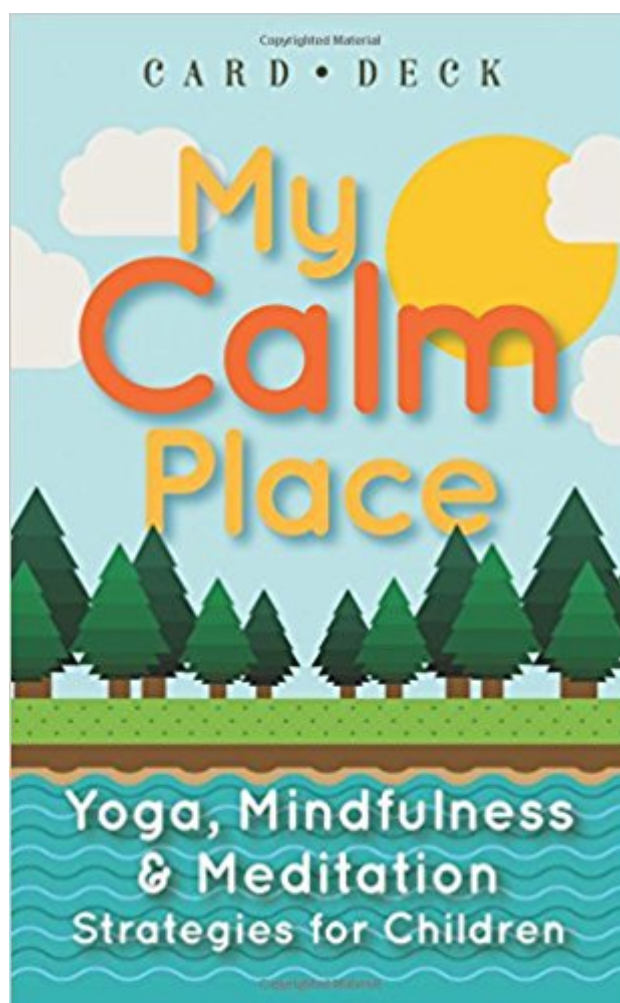


The book was found

# My Calm Place: Yoga, Mindfulness & Meditation Strategies For Children



## Synopsis

My Calm Place card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.

## Book Information

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## Customer Reviews

Barbara Neiman, OTR, the originator of My Calm Place is also the author of Mindfulness and Yoga Skills for Children and Adolescents: 115 Activities for Trauma, Self Regulation, Special Needs and Anxiety, and CalmKards.com. She is an integrative Occupational Therapist, Yoga Teacher 200RYT, a Body Mind Centering® therapist and a coach. Barbara's practice for children and adults with trauma and sensory issues is in New Paltz, NY and found at barbaraneiman.com. Sheila Lewis writes curriculum for national organizations, has designed over 60 badge programs for Girl Scouts USA, tutors, and runs book clubs for middle grade students, using whole brain strategies. On the faculty of JCC Manhattan since 2005, she teaches meditation classes, creativity and writing workshops. She is the co-author of Stress-proofing Your Child. As the mother of two grown sons, one on the autism spectrum, she has been a parent advocate on various committees.

These are great for kids & adolescents, especially the ones that have add/ADHD.

a wonderful tool for parents or educators to teach kids to cope with big emotions and learn self control.

This amazing card deck is a tool for growth. It combines techniques of yoga, mindful thought, creative visualization and breathwork, and the exercises are clear and helpful. I can see applications in classrooms, places of worship, the home and even therapy offices. The cards were designed for use with children, yet I think many of the cards could also help adults! Similar to yoga, the cards gently ask the participant to do something seemingly easy like to stack your fists and rest your head on them when stressed out, and then imagine yourself descending a staircase to unwind. One of my favorites is called Melt the Grumpy. I could benefit from that technique at moments during my own days. But seriously, I love these cards!

These cards are incredibly helpful when working with children. Adults can benefit as well. "My Calm Place Cards" are terrific reminders and mantra's for children to focus on - instead of their fears. Whether you are a teacher, a mother, a practitioner, a doctor, or a tutor, I highly suggest you carry these cards with you or keep a few decks in your office. They are better than the fish tank we loved at the dentist office - these too can be a catalyst for calming us down - plus they are more interactive. GREAT JOB SHEILA and BARBARA..

Ms. Sheila Lewis gave a lovely presentation at Special Citizens Futures Unlimited, Inc. Day Habilitation Program and Joseph DeClemente Residence. Special Citizens is an agency which provides services to adults with autism for 40 years now. Judging from the comments of staff and people we support who attended, the presentation was very successful. It was the first time we had an advocate being a coauthor and a presenter for our community. We have been using the cards to motivate movement, calming and connection with the people we support. Cards are practical to use with a help form staff or independently in the daily lives of men and women we support. I am looking forward to contemplating with you soon in the near future.

I use the cards with my 10-year-old granddaughter and she loves them. Really simple and fun to use. A side benefit is that I find myself relaxing along with her! I'm very happy to find techniques that don't take a lot of time and get immediate results. And the fact that the cards are so attractive makes them appealing to kids.

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