

Be Mindful Card Deck For Teens

Mindful Living Today Card Deck Mindful Games Activity Cards Be Mindful Card Deck for Teens Mindfulness On The Go Cards Anti-Burnout Card Deck The Self-compassion Deck A Therapeutic Treasure Deck of Sentence Completion and Feelings Cards Little Renegades Dbt Skills-Building Card Deck for Clients and Therapists Yoga for Children--Yoga Cards The DBT Deck for Clients and Therapists Meditation Is an Open Sky Mindfulness Skills for Kids Card Deck and 3 Card Games Mindful Tarot Mindful Living Card Deck Mindfulness for Teens in 10 Minutes a Day Mindful Chair Yoga Card Deck 5-Minute Mindfulness Meditations for Teens Global Kids Growing Happy Card Deck Becoming a Knowledge-Sharing Organization Applied Empathy Be You Card Deck for Teens Little Flower Yoga for Kids The Monkey Mind Meditation Deck Yoga Pretzels The Gift of Presence Rethink Card Deck Mindful Conversation Starters Melt Anxiety and Relax Card Deck for Kids Melt Worry and Relax Card Deck Mindful Reminders Card Deck Growing Mindful Cards: Mindfulness Practices for All Ages Yoga and Mindfulness Practices for Children Card Deck Mindful Kids Intentional Days Self-Compassion & Mindfulness for Teens Card Deck The Anxiety and Stress Solution Deck Mindfulness on the Go Everyday Peace Cards Mindfulness Cards

Mindful Living Today Card Deck

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This engaging deck makes it easy to bring awareness, calm, and joy to everyday life. Each card includes an inspiring phrase on the front and a bite-size mindfulness exercise on the back. Packaged in an eye-catching box with foil stamping, the cards are divided into four color-coded mindfulness categories: Rest & Balance, Insight & Awareness, Curiosity & Joy, and Kindness. Users can draw one card to form an intention for the day, or pull several for a more complex reading or to display around the home or office as inspiring mantras. Featuring more than 50 accessible and enlightening practices (plus 8 blank cards for personalization), these cards are an easy way to cultivate mindful moments--anytime and anywhere.

Mindful Games Activity Cards

The Melt Anxiety & Relax Card Deck for Kids provides 44 fun, easy, and effective practices to help anxious and worried young minds. Using the best strategies from CBT, Mindfulness and Art Therapy, kids can learn how to regulate their thoughts and emotions, and find ways to express themselves in a healthy way. Best for ages 4-12. BONUS! 12 tips and strategies for caregivers to help relieve anxiety and worry.

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Reduce Stress, Improve Self-Care and Find Focus Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax. Perfect to manage your everyday stressors: School demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.

Mindfulness On The Go Cards

Anti-Burnout Card Deck

Teaching children about yoga and mindfulness has never been so easy! Yoga for Children—Yoga Cards offers children a fun approach to learning with a trusted and attentive instructor—you! Complete with full-color, easy-to-follow photographs and step-by-step instructions, this interactive deck includes more than 50 cards divided into four color-coded categories: Mindful Me mindfulness activities, Time to Breathe breathing exercises, Strike a Pose yoga poses, and Rest & Relax relaxation exercises. Whether you're a parent looking for a fun activity for you and your child, or an educator, occupational therapist, or kids' yoga teacher interested in a

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wonderful new resource, this deck is the perfect way to share yoga and mindfulness with children. Together, you'll enjoy the many benefits of the various activities while—most importantly—having fun!

The Self-compassion Deck

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.

A Therapeutic Treasure Deck of Sentence Completion and Feelings Cards

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction. 54 brief, accessible and empowering practices to: * Regain balance * Enjoy the work * Cultivate empathic attunement * Build compassion * Manage countertransference triggers * Practice self-care Published in collaboration with The Institute For Meditation and Psychotherapy.

Little Renegades

Jennifer Cohen Harper, Little Flower Yoga founder, author, and mindfulness and yoga expert (and parent), has created another unique resource to help children embrace their full potential. Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions. Divided into five elements, Connect, Breathe, Move, Focus and Relax, this card deck is a comprehensive yet accessible tool kit for children themselves, as well as for parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people. Activities and practice sequences include: * Heart and Belly Breathing * Feeling my Strength * Grounding in the Present * Managing Anxiety * Relaxing and Restoring

Dbt Skills-Building Card Deck for Clients and Therapists

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and

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cultivate kindness & curiosity. Perfect for all ages!

Yoga for Children--Yoga Cards

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. This card deck helps parents, caregivers, and teachers cultivate these qualities at home or in a school setting. The games develop what Susan Kaiser Greenland calls the "new A, B, C's" for learning and for a happy and successful life: Attention, Balance, and Compassion. In a playful way, the games introduce kids to breathing practices and techniques for developing focus, concentration, and sensory awareness, and identifying and self-regulating emotions, among other skills. They include "anchor" games that develop concentration; visualization games that encourage kindness and focus; analytical games that cultivate clear thinking; and awareness games that develop all of these qualities and give greater insight into ourselves, others, and relationships. The deck contains 55 5X7 illustrated cards, each devoted to one game or activity, and comes in a sturdy, beautifully designed box.

The DBT Deck for Clients and Therapists

Meditation Is an Open Sky

Mindfulness Skills for Kids Card Deck and 3 Card Games

Be You Card Deck has 60 practices to: - Ease stress - Reduce anxiety - Deal with anger and depression - Boost self-confidence - Realize your full potential These daily mindfulness, relaxation and empowerment practices help teens to be strong, brave, confident, and most importantly, their authentic selves.

Mindful Tarot

This boxed card deck includes 50 creative mindfulness games, visualizations and exercises divided into 5 categories to help children feel grounded, find calm, improve focus, practice loving-kindness and relax. Whimsical full-color illustrations on both sides of the cards break down each practice into easy-to-follow steps. Tips on individual cards plus an 8-page instructional booklet show modifications that make these activities inclusive for children of all abilities.

Mindful Living Card Deck

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This volume offers a simple, systematic guide to creating a knowledge sharing practice in your organization. It shows how to build the enabling environment and develop the skills needed to capture and share knowledge gained from operational experiences to improve performance and scale-up successes. Its recommendations are grounded on the insights gained from the past seven years of collaboration between the World Bank and its clients around the world—ministries and national agencies operating in various sectors—who are working to strengthen their operations through robust knowledge sharing. While informed by the academic literature on knowledge management and organizational learning, this handbook’s operational background and many real-world examples and tips provide a missing, practical foundation for public sector officials in developing countries and for development practitioners. However, though written with a public sector audience in mind, the overall concepts and approaches will also hold true for most organizations in the private sector and the developed world.

Mindfulness for Teens in 10 Minutes a Day

Mindful Chair Yoga Card Deck

Joining bestselling Mindful Kids and Yoga Pretzels, Global Kids expands the scope of

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Barefoot's innovative activity card decks by inviting children to participate in 50+ crafts, food, games, festivals and community service activities from around the world.

5-Minute Mindfulness Meditations for Teens

Global Kids

A pocket-sized collection of 25 easy mindfulness practices you can do anytime, anywhere—from the author of *Mindful Eating* Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time—these deceptively simple practices can have a cumulative effect for the better. Use them to cultivate the gratitude and insight that come from paying attention with body, heart, and mind to life's many small moments. This book is an abridgment of Bays' longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*. *Mindfulness on the Go* is part of the Shambhala Pocket

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Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Growing Happy Card Deck

Becoming a Knowledge-Sharing Organization

Applied Empathy

Read Tarot in the Present Moment, Full of Joy, Prosperity, and Peace Fill your heart with abundance and ease by uniting Tarot with the modern mindfulness movement. Combining the card archetypes and meanings with today's well-researched methods of meditation, this groundbreaking book shows you how to find a clearer path forward through compassion. Mindful Tarot cultivates our capacity to live and love what is unknown and unresolved. It is a practice of

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patience and openness, encouraging you to embrace the present moment: complete, lavish, and unconstrained. Lisa Freinkel Tishman teaches you to develop skills on three levels: mindful awareness of yourself and your querent, a deeper relationship with your cards, and a transformed understanding of the Tarot system. She also provides exercises, analyses of all 78 cards, and step-by-step examples of her own daily practice.

Be You Card Deck for Teens

A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms. Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes readers on a mindfulness journey to help them de-stress and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can. The Gift of Presence guides readers in developing four innate capacities we all possess that will allow us to become more resilient and centered in our lives--even when life is throwing all that it has at us: Presence: the ability to remain firmly in the present moment; to be fully aware of what's happening as it's happening. Purpose: the personal meaning that gets us going and gives direction to our lives. Pivoting: an openness to change that allows you to

switch direction if that is what is needed. Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time. This life-changing book reveals that you already hold in your hands the keys to a more harmonious life--you simply need to look within.

Little Flower Yoga for Kids

Live your life more fully, reduce stress and remove distractions with the Mindful Reminders Card Deck. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life. Whether you are new to mindfulness practice, or whether you've been meditating for years, this deck offers fun, accessible reminders for bringing more mindfulness into your life. *Manage Stress and Anxiety * Improve Focus * Sleep Better*

The Monkey Mind Meditation Deck

Yoga Pretzels

Intentional Days will inspire and empower you to live on purpose. Create a life that you love and savour each moment. Explore what it means to be intentional and

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how it can change your life in profound ways. Learn simple ways to integrate this meaningful practice into your everyday. Enjoy raw and beautiful intentions and affirmations that connect you to your deepest truth and your greatest dreams. Integrate these intentions daily and awaken to everything the world has to offer you.

The Gift of Presence

This book is specially designed in Amazon's fixed-layout KF8 format with region magnification. Double-tap on an area of text to zoom and read. Feeling mindful is feeling good! You know when you're having a bad day, you have that wobbly feeling inside and nothing seems to go right? Find a quiet place, sit down, and meditate! In this daily companion, kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life.

Rethink Card Deck Mindful Conversation Starters

Melt Anxiety and Relax Card Deck for Kids

Melt Worry and Relax Card Deck

Teaching and incorporating positive psychology into your home, classroom and therapy session is easy with the Growing Happy card deck. Grounded in the modern scientific findings of positive psychology, the card deck features 50 unique positive practices that will leave you feeling happier, present and resilient. Perfect for teens and adults.

Mindful Reminders Card Deck

Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program

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combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit www.littlefloweryoga.com.

Growing Mindful Cards: Mindfulness Practices for All Ages

A playful and easy way to teach yoga.

Yoga and Mindfulness Practices for Children Card Deck

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50 beautiful cards with 5 different themes on watercolor landscapes! Each theme focuses on 1 simple action you can take to bring more mindfulness into different areas of your life. Themes include; relationships, health & wellness, happiness, at work and stress management. Start each day with the intention of living a richer and more purpose-filled life.

Mindful Kids

Intentional Days

Self-Compassion & Mindfulness for Teens Card Deck

5-minute mindfulness meditations for 40 everyday situations The rollercoaster of teenage life doesn't offer a lot of moments to slow down and process your experiences. 5-Minute Mindfulness Meditations for Teens offers easy, quick practices that allow you to harness the power of mindfulness meditation--paying immediate attention to your body and thoughts. Crafted for real-world situations, these exercises teach you to think and respond rather than react. There are even tips for how and where to engage in mindfulness meditation in complicated

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settings like school. You'll gain clarity and learn to cope with stress more effectively. This standout among mindfulness meditation books for teens includes: Quick exercises--Learn 40 short meditations to help you with things like taking tests, improving relationships, and more. Tips for success--Discover tricks to get more out of your mindfulness meditation, including finding a comfortable posture, using a timer, and journaling about your session afterward. Adaptable mindfulness meditation--Practices include a suggestion for changing things up, so you can tailor them to your specific needs. Stay calm and remain in the moment with this effective mindfulness meditation book for teenagers.

The Anxiety and Stress Solution Deck

Michael Ventura, entrepreneur and CEO of award-winning strategy and design firm Sub Rosa, shares “how to unlock our ability to design solutions, spark innovation, and solve tough challenges with empathy at the center” (Arianna Huffington). Having built his career working with iconic brands and institutions such as General Electric, Google, Nike, Warby Parker, and also The United Nations and the Obama Administration, Michael Ventura offers entrepreneurs and executives a radical new business book and way forward. Empathy is not about being nice. It’s not about pity or sympathy either. It’s about understanding—your consumers, your colleagues, and yourself—and it’s a direct path to powerful leadership. As such, Applied Empathy presents real strategies, based on Sub Rosa’s design work and

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the popular class Ventura and his team have taught at Princeton University, on how to make lasting connections and evolve your business internally (your employees, culture, and product/services) as well as externally (your brand, consumers, and value). “The most neglected fact in business is we’re all human. Michael Ventura makes a powerful argument that empathy is the secret sauce of 21st century business. The more digital we get, the more empathy we need” (Chip Conley, New York Times bestselling author of Emotional Equation). For leaders of all levels, this groundbreaking guide lays the foundation to establish a diverse, inventive, and driven team that can meet the challenges of today’s ever-evolving marketplace. If you want to connect to the people you work with, you have to understand them first.

Mindfulness on the Go

Stop stressing and start being your best self--master mindfulness for teens in no time. Homework, relationships, social media, life planning you've got a lot going on, but you don't have to feel overwhelmed by it. In fact, you could actually enjoy life more while getting more done. Mindfulness for Teens in 10 Minutes a Day shows you how to take control of stress and become the boss of your feelings--and boost your focus while you're at it. Start feeling better with mindfulness, the practice of being fully present and cultivating calm, one moment at a time. Mindfulness for Teens in 10 Minutes a Day features simple and effective exercises--that fit

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perfectly into your daily routine--making it easy to keep yourself in the here and now, tackle challenges one at a time, and make the most of every minute. Mindfulness for Teens in 10 Minutes a Day includes: Practice peace--Learn to manage whatever life throws at you and bring focus, calm, and joy back to your day with mindfulness for teens. 60 guided exercises--Practice helpful exercises and develop essential mindfulness strategies sure to help you through high school and beyond. Mindfulness now--Discover how you can rock your homework, connect to others, chill out, and sleep better using mindfulness--it only takes 10 minutes a day. Less stress and more focus--Mindfulness for Teens in 10 Minutes a Day makes it easy.

Everyday Peace Cards

Whether you're at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them. Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.

Mindfulness Cards

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Cultivate kindness & compassion for yourself and others! The Self-Compassion Deck offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindheartedness and gain a deeper appreciation for yourself and your life. The practice of self-compassion has been proven to: * Improve well-being * Regulate emotions * Reduce depression and anxiety

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