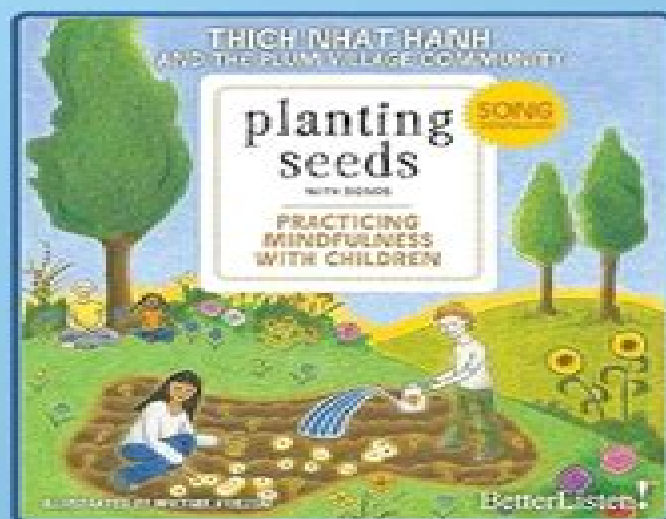


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# Planting Seeds With Music And Songs Practicing Mindfulness With Children

**Lei Huang**



## **Planting Seeds With Music And Songs Practicing Mindfulness With Children:**

*Planting Seeds* Thich Nhat Hanh, 2013-11-20 *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 over 30 years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication. *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 2 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 reinforce 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. 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 Ten Exercises for Well Being*, ISBN 13 978 1 888375 79 4. Includes 1 audio CD, 6 mindfulness cards, and 3 cut-out mindfulness posters.

## The Enigmatic Realm of **Planting Seeds With Music And Songs** Practicing Mindfulness With Children: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Planting Seeds With Music And Songs** Practicing Mindfulness With Children a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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### **Planting Seeds With Music And Songsnbsp Practicing Mindfulness With Children Introduction**

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