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Breathe Like a Bear is a beautifully illustrated, age appropriate guide to mindfulness. Kids and their parents will enjoy and benefit from these playful ideas to help kids connect to themselves. The exercises are broken into the five

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different categories of Be Calm, Focus, Imagine, Make Some Energy, and Relax.

Breathe Like a Bear
(Video 2018) -
IMDb

"Breathe Like a Bear is a beautiful guide to mindfulness.

Parents, teachers,

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caregivers-- and especially kids--will love the different ways to explore mindfulness and breath through animals and story in Breathe Like a Bear. Both lyrical and practical, this much-needed book will help children navigate the world around them!"

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Based on Kira
Willey's Parents'
Choice GOLD
Award winner
Mindful Moments
for Kids, Breathe
Like a Bear is sure
to help kids find
calm, gain focus,
and feel energized

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during the day, while also encouraging families to establish fun and consistent mindfulness practices, whether at home or on the go.

Breathe Like a Bear
| Puppy Dogs & Ice
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"Breathe like a Bear" is a book written by Kira Willey and illustrated by Anni Betts that teaches 30 breathing and body break exercises to help you feel calm and focused. These activities and exercises are great for adults too.

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These are two of my favourites: "Bear Breath" and "Hot Chocolate" ...

Breathe Like a Bear: 30 mindful moments for kids to feel ...

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Watch Breathe Like a Bear: 30 Mindful Moments for Kids to ...

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and

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emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere- in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.

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Free - NWC Books
Breathe Like a Bear
is a guide to
mindfulness and
meditation for
children aged 4-8.
Through 30 simple
and beautifully
illustrated activities
and mindfulness
exercises, Breathe

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Like a Bear helps kids to manage their bodies, breath and emotions.
show more.
Product details.

Amazon.com:
Breathe Like a Bear: 30 Mindful Moments for ...
"Breathe like a Bear" is written by Kira Willey, a

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children's music artist and kids yoga expert. Kira provides enjoyable, engaging activities children will love. The book's focus on fun, rather than lots of explanations about the mindfulness message, makes it especially appropriate for

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young children.

Breathe like a bear
- The Unshelved
Librarian
Directed by Andy T.
Jones. With Charon
Normand-Widmer.
Teach your little
ones to relax and
focus with this
collection of
calming exercises.

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Breathe Like a Bear: 30 Mindful Moments for Kids to Feel ...

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and

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Breathe Like A Bear: 30 Mindful Moments for Kids to Feel ...

BREATHE LIKE A BEAR: 30 MINDFUL MOMENTS FOR KIDS TO FEEL CALM AND FOCUSED ANYTIME, ANYWHERE by Kira Willey, illustrated by Anni Betts, is a gorgeously

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illustrated gem of a book. Willey organizes her mindfulness practices into five sections, each of which has a brief introduction: Be Calm, Focus, Imagine, Make Some Energy and Relax, with each practice receiving a generous two page

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spread.

Breathe Like a
Bear: 30 Mindful
Moments for Kids
to Feel ...

"Breathe Like a
Bear: 30 Mindful
Moments for Kids
to Feel Calm and
Focused Anytime,
Anywhere" Written
by Kira Willey,
illustrated by Annie

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Mindfulness

Moments for Kids:
Breathe Like a Bear
: Kira ...

Praise “Breathe Like a Bear is a beautiful guide to mindfulness.

Parents, teachers, caregivers— and especially kids—will love the different ways to

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Breathe Like a Bear: Storytime

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Breathe Like a Bear
: Kira Willey :

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Bear: 30 Mindful Moments for Kids to Feel ...

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Mindfulness

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