

## Breathe Like A Bear

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### **Breathe Like A Bear**

Breathe Like a Bear is filled with playful and imaginative ideas for helping kids connect to themselves, whether it's their own strong energy or inner calm. Each moment that Kira has so elegantly sculpted and described conjures up delicious, beautiful, or whimsical, child-friendly scenarios.

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

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'Breathe Like a Bear' is not a story, it is a series of exercises to help children with emotional regulation. The variety of exercises allows each child to find one that works specifically for them. The illustrations are of animals and nature and add to the peaceful feeling of the book. A good resource to help children relax and focus.

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

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Based on Kira Willey's Parents' Choice GOLD Award winner

## Bookmark File PDF Breathe Like A Bear

Mindful Moments for Kids, Breathe Like a Bear is sure to help kids find calm, gain focus, and feel energized during the day, while also encouraging families to establish fun and consistent mindfulness practices, whether at home or on the go.

### **Amazon.com: Breathe Like a Bear: 30 Mindful Moments for ...**

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

### **PDF Download Breathe Like A Bear Free - NWC Books**

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

Geared towards children aged 4-10, but available for all! A partnership between Monroe County YMCA and the Library. "Breathe Like a Bear" is available as a read-a-long and a short movie on Hoopla....

### **Breathe Like a Bear: Storytime and Exercises**

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## **[PDF] Download Breathe Like A Bear - Free eBooks PDF**

Breathe Like a Bear - Trailer - YouTube. 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere Teach your little ones to relax and focus with this collection of calming exercises...

## **Breathe Like a Bear - Trailer**

Guided imagery/breathing exercises from the book Breathe like a Bear by Kira Willey. Elementary age - and older.

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## **Book Trailer "Breathe like a Bear" by Kira Willey**

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

## **Breathe Like a Bear | Puppy Dogs & Ice Cream Blog**

- Jodi Barasky, Physical Education Teacher, Rondout School Kira is the author of bestselling children's mindfulness book Breathe Like a Bear, and the Mindfulness Moments for Kids board book series, which includes Listen Like an Elephant and Breathe Like a Bear. A third board book, Bunny Breaths, will be available in the spring of 2020.

## **Kira Willey - Shop**

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## **Breathe Like a Bear (Audiobook) by Kira Willey | Audible.com**

Mindfulness Moments for Kids. Easy To Make Notecard Portfolio/ DIY Stationery Set/ MAKE NOTECARDS AND STATIONERY AT HOME TODAY - Duration: 38:45. The Posh Paper Lady Recommended for you

## **Breathe Like a Bear**

“Breathe like a Bear” is written by Kira Willey, a 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 young children.

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