



# Planting Seeds: Practicing Mindfulness with Children

*Thich Nhat Hanh*

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## **Planting Seeds: Practicing Mindfulness with Children** Thich Nhat Hanh

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 thirty 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 Two 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.

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A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a reserve. The book *Planting Seeds: Practicing Mindfulness with Children* it is very good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can more easily to read this book from the smart phone. The price is not too costly but this book provides high quality.

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