

# Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)

Eline Snel

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### Sitting Still Like a Frog: Mindfulness Exercises for Kids (and **Their Parents)**

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This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.



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