



## Mindful Moments Cards

By Lynea Gillen

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### Mindful Moments Cards By Lynea Gillen

This beautifully illustrated deck of 50 cards with short contemplations invite children and adults alike to thoughtful reflection and self-awareness. Through practice, we can imagine new possibilities, learn to direct our thoughts in positive directions and have greater control over our lives.

For what we think affects how we feel and what we do.

Supporting the social-emotional learning activities and principles laid out in the award-winning book *Yoga Calm for Children*, and used in Yoga Calm teacher training workshops, Mindful Moments Cards cover a wide range of experience, emotion and imagination. Some help us remember positive events in our lives. Others help us imagine successful futures. All help develop mindfulness, focus and relaxation skills.

Great for home or classroom use. Ages 4 and up.

### Sample Cards

*Remember a time when a friend listened to you. Who was that friend? How did that make you feel?*

*Imagine a time when you wanted to befriend a frightened or shy animal. Think of how still you became, and how you carefully encouraged the animal to trust you.*

*Remember a time when you felt very strong in your body. What were you doing? Who was there?*

*Think of your favorite tree. Now imagine that you can plant that tree in a special place. Go to that place, dig a hole and plant the tree. Imagine that you can see into the future and watch the tree grow tall.*

The cards come with a sheer silver drawstring bag for easy storage.

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## Mindful Moments Cards By Lynea Gillen Bibliography

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### Editorial Review

#### About the Author

Lynea Gillen, LPC, MS, RYT, national award-winning author, counselor, speaker and educator has been sharing her love of literature with children for over 30 years and her skills/resources as educator and counselor throughout the Pacific Northwest and beyond for over 35 years.

Lynea has recently been recognized for her triple award-winning book *Good People Everywhere* with Mom's Choice, Teacher's Choice and Moonbeam Children's awards. Her book *Yoga Calm for Children* is the #1 selling book for teaching yoga in schools and has won a Mom's Choice award with her DVD *Kids Teach Yoga: Flying Eagle*.

She is also the creator of the newly released Little Book of Healing: A Coloring book for Grief and Loss.

Lynea is an innovator in the field of wellness education for youth. From its development in a behavior classroom in a rural Oregon town ten years ago, her Yoga Calm program is now being used with over 250,000 children in diverse settings such Head Start programs, urban classrooms, occupational therapy clinics, summer camps and, even the Mayo Clinic and Masonic Children's Hospital in Minnesota.

Lynea is a child and family counselor in Portland, Oregon and is also an adjunct professor at Portland State University and Lewis & Clark College.

### Users Review

#### From reader reviews:

##### **Janelle Smith:**

Why? Because this Mindful Moments Cards is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will zap you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

##### **Jeffrey Drake:**

Reading can called imagination hangout, why? Because when you are reading a book mainly book entitled Mindful Moments Cards your brain will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a guide then become one web form conclusion and explanation which maybe you never get previous to. The Mindful Moments Cards giving you another experience more than blown away your brain but also giving you useful information for your better life in this era. So now let us show you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary paying spare time activity?

**Martha Fincher:**

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**Carlos Thornton:**

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