



# Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

By Debra Burdick

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## Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets By Debra Burdick

Finally -- a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents. Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens. This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Perfect for mental health practitioners, teachers and all in the helping professions.

- \*Tools for explaining mindfulness and neurobiology in kids language
- \*Activities, games, and meditations that build basic through advanced mindfulness skills
- \*Step-by-step instruction on teaching and practicing mindfulness, meditation and reflection
- \*Guidance on choosing age appropriate skills
- \*How to apply mindfulness skills to specific childhood mental health disorders
- \*Journal prompts to help integrate learning
- \*Goal-setting charts for tracking progress
- \*Downloadable worksheets, exercises and reflections

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## **Editorial Review**

### **Review**

"This is an amazing, practical addition to the growing resources to help children and adolescents with a range of neurodevelopmental and emotional difficulties develop specific skills to manage stress, tolerate frustration, and gain more awareness of blocks to obtaining what they want in life." -->b>Laurie C. Dietzel, Ph.D., Co-Author, *Late, Lost, & Unprepared*

"She takes you through all ages and stages of development with specific directions on how to use and implement her mindfulness techniques. This coupled with the explanation of neuroscience adds to the richness and beauty of this amazing book." --**Susan P. Epstein, LCSW** , Author of *55 Creative Approaches for Challenging & Resistant Children & Adolescents: Techniques, Activities, Worksheets and Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents*

"With our fast paced world, mindfulness has been left out of the equation in our homes and in our schools. Debra is taking it back to basics in her brilliantly written book that makes neurobiology fun and easy to understand!" --**Julie Kleinhans**, Confidence and Youth Empowerment Expert

### **About the Author**

Debra Burdick, LCSWR, BCN, also known as The Brain Lady, is the author of the best-selling *Mindfulness Skills Workbook for Clinicians and Clients*. She is an international speaker, psychotherapist and neurotherapist who has been teaching mindfulness skills to her clients for more than 25 years.

## **Users Review**

### **From reader reviews:**

#### **Frank Lach:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite guide and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets*. Try to make the book *Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets* as your buddy. It means that it can being your friend when you sense alone and beside those of course make you smarter than in the past. Yeah, it is very fortuned for you. The book makes you far more confidence because you can know anything by the book. So , we should make new experience and knowledge with this book.

**Sabrina King:**

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets can be very good book to read. May be it can be best activity to you.

**Bruce Williamson:**

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**Jerry Brower:**

Is it you who having spare time in that case spend it whole day by simply watching television programs or just lying down on the bed? Do you need something new? This Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets can be the reply, oh how comes? It's a book you know. You are therefore out of date, spending your extra time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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