

# **Listening To My Body A guide to helping kids understand the connection between their sensations what the heck are those? and feelings so that they can get better at figuring out what they need.**

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## **BOOK DETAILS**

- Author : Gabi Garcia
- Pages : 32 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1475058632

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## BOOK SYNOPSIS

Listening to My Body is an engaging and interactive picture book that introduces children to the practice of listening to their bodies. Through a combination of story and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them, while helping them build on their capacity to engage mindfully, self-regulate, and develop a better sense of well-being. From "buzzing" and "tingly" to "wiggly" and "squirmy," Listening to My Body gives children a vocabulary to name their sensations and cultivates the message that whatever sensation or feeling they experience is okay. It will empower children to "listen to their bodies," so they can get better at figuring out what they need to show care and kindness for themselves, especially when they experience difficult emotions. Listening to My Body is a wonderful resource for parents, counselors and teachers!

**LISTENING TO MY BODY A GUIDE TO HELPING KIDS UNDERSTAND THE CONNECTION BETWEEN THEIR SENSATIONS WHAT THE HECK ARE THOSE? AND FEELINGS SO THAT THEY CAN GET BETTER AT FIGURING OUT WHAT THEY NEED.** - Are you looking for Ebook Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need.? You will be glad to know that right now Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need. is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need. may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need. and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need.. To get started finding Listening To My Body A Guide To Helping Kids Understand The Connection Between Their Sensations What The Heck Are Those? And Feelings So That They Can Get Better At Figuring Out What They Need., you are right to find our website which has a comprehensive collection of manuals listed.