

Jewish Mindfulness for Kids

KUPERARD

PUBLISHERS

By Blanca Sissa, Camila Carrossine (Illustrated by)

A book to teach kids about mindfulness from a Jewish perspective.

The exercises in this book use everyday Jewish items to inspire mindfulness in children. Imagine you have a piece of fresh challah in one hand and a spoonful of hot chicken soup in the other. Breathe in and smell the challah. Breathe out and blow on the soup. Or meditate with a special word shalom, which means "peace." Mindfulness, the Jewish value of Yishuv Hada'at, means focusing on this special moment, resting our minds and bodies.

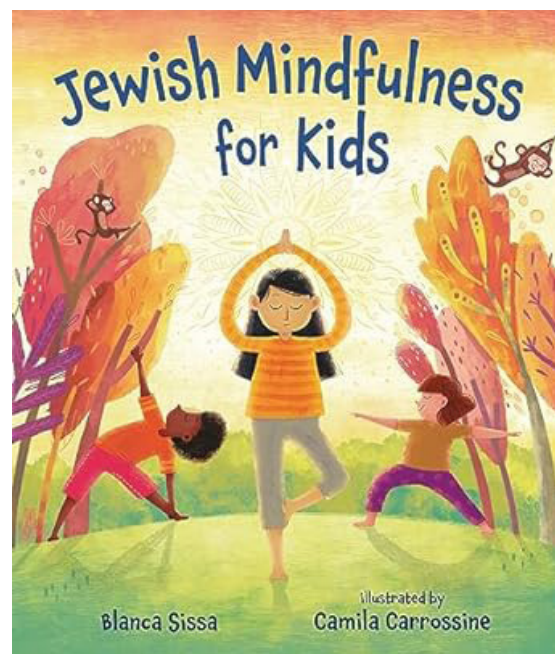
Includes QR code links to Jewish mindfulness exercises for kids.

Perfect for readers aged 3 - 8 years.

Blanca Sissa is a happy Jewish mom of three, who believes in respectful and mindful parenting. An expert in children's mindfulness and kids' yoga, she teaches these practices to both kids and teachers, as well as creates fun educational videos and resources.

Camila Carrossine has been drawing since she was a little girl, first on the walls of her bedroom and today creating illustrations for children's books. She studied Fine Arts and Art Direction and has illustrated more than fifty books.

The Library binding is the best available binding and has been specially reinforced to last longer. It has thicker, almost indestructible boards which also cover the spine instead of reinforced cloth.



SPECIFICATIONS:

Juvenile Nonfiction / Religion / Judaism

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