



My Calm Place: Yoga, Mindfulness & Meditation Strategies for Children

Barbara Neiman, Sheila Lewis

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My Calm Place: Yoga, Mindfulness & Meditation Strategies for Children Barbara Neiman, Sheila Lewis
My Calm Place card deck combines yoga, meditation, mindfulness and guided imagery activities to calm emotions and promote self-regulation in children. Fun and easy-to-use, these 50 exercises are perfect for the classroom, clinic or at home.

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