



Calm Kids: Help Children Relax with Mindful Activities

Lorraine Murray

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Stress and behavioral disorders are common in children. Young people are increasingly bombarded by marketing campaigns, school and peer pressure, and the stress of adults around them. Mindfulness and meditation can help children recognize and cope with such pressures, gently releasing bad feelings and giving them simple tools to deal with tensions and stresses. In this practical and inspiring book, Lorraine Murray shows parents, teachers, and youth workers how to lead fun and peaceful meditation sessions with children.

Calm Kids explains a variety of approaches, from meditations around daily activities for busy families, to ideas for group “quietness” sessions in school. She provides fun, tactile rhymes for toddlers to help calm them before bedtime, and suggests ways to help teenagers reduce anxiety. She goes on to explain how these methods can help children with ADHD and those on the autistic spectrum, offering a range of case studies.

This book is suitable for both beginners and those with experience in relaxation and meditation techniques. It offers the advice needed to lead sessions with children, while encouraging readers to adapt and develop their own ways of helping children to feel calmer, happier, and more peaceful.

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