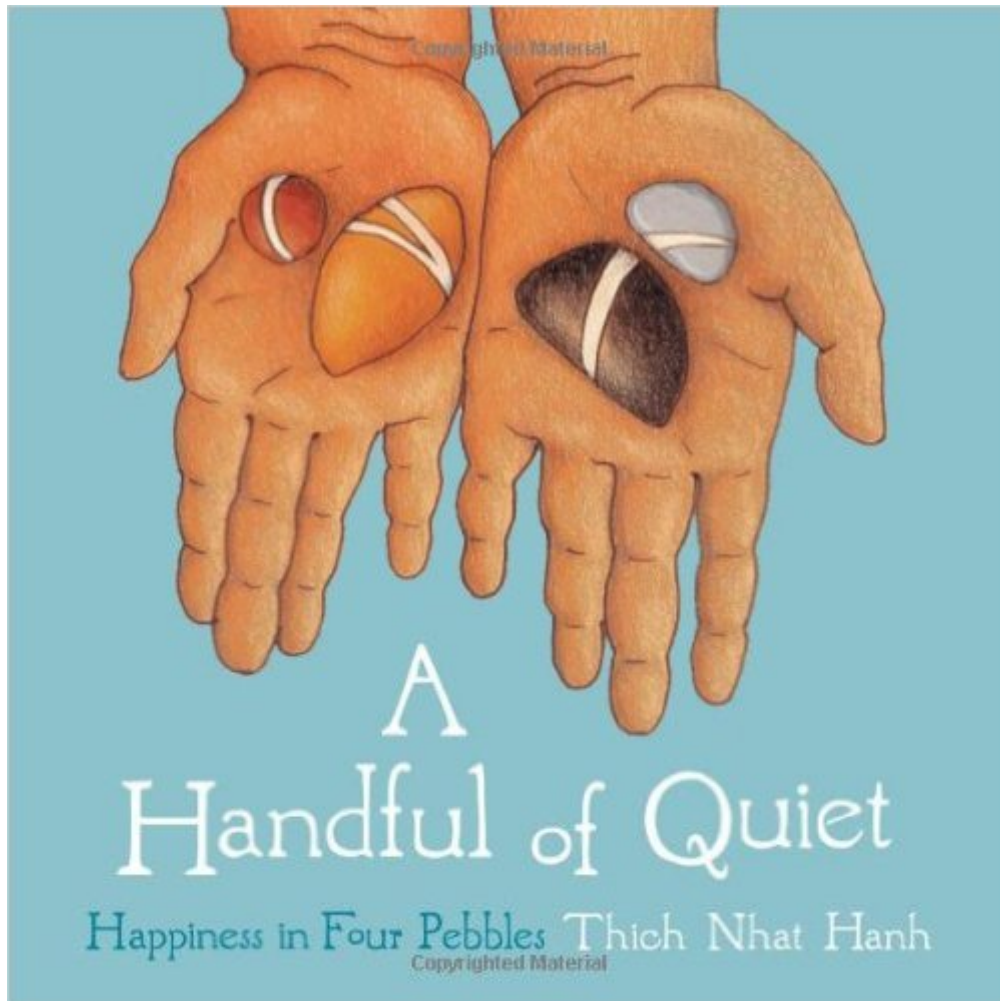


The book was found

# A Handful Of Quiet: Happiness In Four Pebbles



## Synopsis

A Handful of Quiet presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children. Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation a guide helpful. Children can also enjoy doing pebble meditation on their own. Beautiful color illustrations by Wietske Vriezen, illustrator of *Planting Seeds* (ISBN-13: 978-1-935209-80-5) and *Mindful Movements* (978-1-888375-79-4).

## Book Information

Hardcover: 64 pages

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Language: English

ISBN-10: 1937006212

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Product Dimensions: 6.2 x 0.4 x 6.1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (129 customer reviews)

Best Sellers Rank: #2,519 in Books (See Top 100 in Books) #3 in Books > Parenting & Relationships > Family Activities #23 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #77 in Books > Parenting & Relationships > Parenting

Age Range: 5 - 9 years

Grade Level: Kindergarten - 4

## Customer Reviews

This book helped me learn how to be calm in my space and to practice meditation. I am 8 years old.

This book is an insightful way to introduce children (our grandchildren) to meditation. By using the rocks, the children have some ownership of the process. It is a clever way to engage the mind; in

fact, Grandpa and I are doing it, too!

What a thoughtful way to present meditation for kids. There is no religious overtones, just a sweet way of helping children to focus and value their world and themselves.

I really liked the ideas in this book for myself and teaching my son to meditate. When I bought it, I thought it was a children's book I could read to him, but it is not, it is a set of guidelines and techniques you can teach your children. Still enjoyed it though.

This is absolutely one of the best books on meditation for young children that I have even seen. I have taught pre-school through adults - been an educator for 30+ years - and this book is set up exactly as I would want from an educator point of view. I have already started using this process with my 7 year old granddaughter to help her be calm and focus, and it is working. Next I will introduce it to my 4year old grandchild.1) It sets up the story for the child to understand2) It provides a physical example for the child to use3) It provides guides practice for the child4) It provides pages for the child's own words and artAnyone - teachers, parents, grandparents, child care workers - can use this book and method. The information could be presented all in one day over an hour or more, or (as I prefer) it can be presented over a couple of days which provides time for the child to think about it and absorb the ideas. Then the practice and be continued over a lifetime!Just excellent - from a master teacher - Thich Nhat Hanh - created from a series of teachings he provided to a large group of children who were attending one of his retreats.

I am teaching yoga to children with special needs in Milwaukee public schools. Our class is loving this new book which we use with some stones from my favorite crystal store. We practice breath with images of flowers, mountains, lake, and air. We love it.

This is a very brief introduction to meditation for children. I would not recommend purchasing this in Kindle format. It has workbook type illustrations and suggestions using the physical book. It is extremely short. I would have liked more depth for the cost. However, I will implement this meditation into my household and am looking forward to doing some of the activities suggested.

I really like this book and think that it would be great for a pre-teen, teen or someone who is new to meditation. It is written in a straight forward way with out a great deal of fanfare or pretentiousness. I

like the spiral binding, but wish the meditation cards were not so flimsy. I will be backing them with something a bit more durable. Overall, a pleasant purchase.

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