



# **Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets**

*Debra Burdick Lcsw Ben*

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## **Mindfulness Skills for Kids & Teens: A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets** Debra Burdick Lcsw Bcn

Finally—a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents.

Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens. This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Perfect for mental health practitioners, teachers and all in the helping professions.

- \*Tools for explaining mindfulness and neurobiology in kids language
- \*Activities, games, and meditations that build basic through advanced mindfulness skills
- \*Step-by-step instruction on teaching and practicing mindfulness, meditation and reflection
- \*Guidance on choosing age appropriate skills
- \*How to apply mindfulness skills to specific childhood mental health disorders
- \*Journal prompts to help integrate learning
- \*Goal-setting charts for tracking progress
- \*Downloadable worksheets, exercises and reflections

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