



## Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)

*Eline Snel, Jon Kabat-Zinn (Foreword), Myla Kabat-Zinn (Narrator)*

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**Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.**

**Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn.**

Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.

## **Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) Details**

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## From Reader Review Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) for online ebook

### julieta says

Una buena introducción a la meditación con niños. Me dieron ganas de leer más sobre meditación.

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### The Twins says

It definitely reminded me to live more in the moment with the boys and also myself. I started doing some breathing exercises when my thoughts go wild at night and it has helped as I focus more on my breathing than my worrying thoughts. I've done some of the exercises on the CD that comes with the book with the boys and my boy with Aspergers responds really well to them, so I will keep it up and use it for him to relax and lower his anxiety.

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### Celeste says

Me ha gustado mucho este libro y no puedo dejar de recomendarlo pues cumple perfectamente su función: hacer del mindfulness una actividad cotidiana en los niños. Un texto sencillo y ameno me ha permitido compartir trozos del texto con toda la familia, a la vez que me ha servido de guía. La forma en que está distribuido y presentado permite incorporarlo paulatinamente en el día a día, dedicando tan sólo unos pocos minutos (entre 5 y 10-12 minutos como mucho).

Si puedo hacer una recomendación para no tener que comprar el libro dos veces como me pasó a mí, es comprar directamente la versión impresa pues la versión para libro electrónico no trae en CD de audio con las meditaciones guiadas, que nos han sido de tanta ayuda al inicio y que seguimos utilizando aún hoy.

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### Emily says

Life with three young boys is rarely calm and quiet. More often than not, their waking hours are filled with hollering, yelling, whoops of joy, cries of "It's not fair!" and lots of ambient noise. Sometimes it seems that their default volume is LOUD and escalates to REALLY LOUD without much effort at all.

On top of that, one of my boys has been diagnosed with ADHD, though I wouldn't be surprised if at least one more ended up with the same diagnosis down the road. All three have had trouble falling asleep at one time or another during their lives, sometimes for an extended period of months, with the resulting sleep deprivation affecting their personality, school work, and exacerbating the aforementioned ADHD symptoms. Anxiety also runs in the family and I've seen it take its toll on my kids already - "Mom, my head is never quiet!" one of them told me - so I'm constantly looking for ways to help them draw strength from within themselves, calm their over-active brains, and deal with the world around them.

After seeing *Sitting Still Like a Frog* recommended by a friend, I thought it was worth a shot. I've dabbled in

meditation off and on for a few years and have appreciated the benefits; maybe, I thought, it'd work for my kids, too.

The book itself is short, and addresses basic mindfulness lessons in simple language that children, or beginners, can easily grasp. Snel quotes scientific studies and her own experience to show that after participating in a pattern of mindfulness exercises at school, "students and teachers...noticed positive changes, such as a calmer atmosphere in the classroom, better concentration, and more openness. The kids became kinder to themselves and others, more confident, and less judgmental." Who couldn't use that?...

To read the rest of this review, visit [Build Enough Bookshelves](#).

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### **Sharon Tyler says**

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel is a non fiction book for parents that is scheduled for release on December 3 2013. This book offers encouragement, examples, and practical exercises for those that are willing to use simple mindfulness practices to help children between the ages 5-12 deal with anxiety, improve concentration, and handle difficult emotions. Mindfulness is simply making yourself aware of the little things, your breath and simply being while accepting the moment. Mindfulness exercises can help many adults, and children, focus on the cause of their emotions and in turn either calm down, find it easier to fall asleep, and become more patient and aware of those around you. I read a digital galley version, so I did not listen to the CD of guided exercises that is included with the book, however I understand that the 60 minute CD includes guided exercises read by Myla Kabat-Zinn.

Sitting Still Like a Frog is a book for open minded parents that are willing to try meditation with their children. Teachers and others that regularly work with children might find some of the ideas and exercises useful as well. I liked that the author included personal experiences, and not just the sunshine and roses. Parenting can be hard, and accepting that we could all do better is a great first step. I will admit that I have not yet jumped ahead and started these exercises with my children, at least not yet, but I can see how some could be extremely useful in my house. Getting everyone to slow down on focus on just breathing, on being, and the subtle workings of our bodies can go a long way to focusing the mind and getting a handle on emotions that might otherwise feel out of control.

I would recommend Sitting Still Like a Frog to parents and caregivers that are looking to try meditation with their children, or just learn about how another mother has done so. The examples and exercises are interesting to read and easy to understand. I think many children could benefit from these exercises, but like everything else it is not for everyone. While I have not tried these with my children yet, have have taken many of the points and some pieces of the book and put them into practice for myself- because I cannot see my five and seven year old sitting down and working through the eleven exercises until I am more mindful in my own right. I find that achieving my own calm and awareness helps them and will make them more ready to try the exercises themselves when I introduce them.

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### **Rebecca says**

Read Harder 2017: Book You've Read Before

I read this book originally about 1.5 years ago and found it actually the best book about mindfulness, period. I have recommended it to several adult friends. The writing is so lovely and thoughtful and the exercises simple enough for children but also very practical and useful for adults.

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## Sinn says

Kinder zappeln und zucken den lieben langen Tag vor sich hin. In den wenigsten Fällen nehmen sie die Unmengen an kleinen Bewegungen überhaupt wahr, die sie durchführen. Natürlich leidet ihre Konzentration dennoch darunter, denn die Gedanken schweifen besonders schnell ab und verhindern so das erfolgreiche Erarbeiten von Lernstoff.

Ich. Hasse. Diese. Betrachtungsweise.

Wir haben vor langer Zeit damit begonnen Kinder in ein Korsett zu pressen, das ihnen nicht passt. Wir stecken sie möglichst bald in den Kindergarten ("Krabbelstube" für die Kinder, die noch nicht einmal selbst gehen können), bringen ihnen lächerlich viel in zu wenig Zeit bei (spätestens, wenn sie im Grundschulalter sind) und halten sie bis weit über ihr Höchstmaß an Lernmöglichkeiten mit Schularbeiten gefangen.

Unsere Kinder werden wir Hochleistungsinder gehandhabt. Wer zappelt - der verliert: Jungs, deren Bewegungsdrang größer ist als jener von Mädchen noch viel häufiger als uns allen bewusst ist. Doch anstatt unser Schulsystem an die Kinder anzupassen, diskutieren wir viel lieber darüber, wie wir auch die Jungs dazu bringen die Klappe zu halten und zur Tafel zu stieren.

Dieses Schulsystem wurde von gewissenlosen Menschen entworfen, deren größte Sorge dem wirtschaftlichen Wachstum gilt. Aber: Wir werden es nicht so rasch ändern. Die nächste Revolution lässt noch ein wenig auf sich warten, wie's scheint. Was also tun, wenn man ein Kind hat, das mit der Schule so seine liebe Not hat?

Genau. Man sucht einen Weg, wie man es dem Kind so angenehm wie möglich gestalten kann sie zu besuchen. Und Meditationen, also bewusstes kalmieren des Geistes zu einem gewünschten Zeitpunkt, sind vielleicht der beste Weg dazu.

'Stillsitzen wie ein Frosch' ist ein Anfang, ein durchaus gelungener Beginn des Weges. Kinder lernen, dass Meditation auch im Kleinen durchgeführt und als Technik benutzt werden kann den geistigen Fokus auf eine bestimmte Sache zu setzen - etwas, das sie auch außerhalb der Schule gut gebrauchen können. Sie können lernen sich zu beruhigen, wenn sie nervös sind; und das ist eine Menge wert, finde ich.

Leider haben mir die Anekdoten in diesem Buch ein wenig das ganze verhagelt: Alles geht innerhalb kürzester Zeit gut aus. Das ist mir zu unrealistisch. Meine bisherigen Erfahrungen zeigen, dass das Leben nicht so einfach ist, wie es in diesem Buch manchmal beschrieben wird. Damit will ich nicht sagen, dass die Autorin lügt, sondern vielmehr, dass ihre Wahrnehmung berufsbedingt verknapppt ist. Ich kaufe ihr diese Geschichten also oft nicht als 'ganze Wahrheit' ab.

Die Übungen sind, nichts desto trotz, gut geeignet um ein Kind an die Meditation als solche heranzuführen. Die beiliegende CD macht es tatsächlich einfacher dieses Wissen an das Kind zu bringen. Darüber hinaus scheint es vielen Kindern auch Spaß zu machen - und das ist schon die halbe Miete.

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### **Evelyn Romp says**

mooi boek, kan er niet echt een waardering aan hangen. denk dat dit perfect zou kunnen werken bij veel kinderen en ben benieuwd wat het voor ons gaat doen.

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### **Lori says**

Audible version: I got this after I heard someone was using it in schools to calm classrooms, and my school has recently started a mindfulness program, so I thought it would be a good way to familiarize myself with the topic. It may be just the thing for some kids.

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### **Christine Word says**

I really liked this book! I facilitate a mindfulness workshop for kids, and we just finished using this book as our guide. The kids - ages 5-12 loved it! A real how-to for kids, the meditations use simple straight forward visualizations, and analogies, that are pitch perfect for this broad age group. Wording is so important when guiding yoga, and meditation - and it can be difficult to teach technique in an engaging way - especially for kids. So many children's meditation tapes rely heavily on traveling to a magical world of adventures and, I think that is wonderful, but this one really focuses on mindfulness, and taking children through the process of staying with whatever it is they are feeling in the moment, and helping them to deal with that. I think she does an excellent job offering children real tools, for everyday life and giving them a new perspective on their thoughts and feelings.

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### **Doan says**

As my daughter would say, "This book was adorbs!"

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### **Ali says**

Excellent book which makes meditation accessible and even fun for kids. Highly recommended!

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### **Maggie says**

heavens to murgatroyd! what an excellent book. required reading for parents who want to provide fundamental coping skills for their children. hint: it's all in the breath + awareness and this skill can be taught, practiced, and made sure within each child AND their parent. what's not to appreciate about this tiny book so clearly written. a solid guide for the caring but empowering (vs. enabling) parent.

ah. if my mother had read this book. and then if i had read this book. oh. the ways our lives (hers and mine and in turn my own children) would have been improved. it helps to remember that life comes with pain and ordeals. it is the suffering that is optional. start our children young ... teach them well: on how to cope with our feelings.

highly recommended but only if you are a parent or an adult who needs to parent her/himself.

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### **Ana Agostini says**

Tenho buscado, há algum tempo, aprender mais sobre o budismo e suas práticas; dentre elas o yoga e a meditação. Mas a meditação é uma prática na qual sempre encontrei muita dificuldade. Minha lista de afazeres dificilmente tem menos de 10 itens por dia, então parar e não me concentrar em nada por alguns minutos é algo praticamente impossível. E foi por conta dessa dificuldade que esse livro me chamou atenção (e por essa capa fofíssima!).

Quietinho feito um sapo é um livro voltado aos pais de crianças, mas não significa que muito do que é apresentado não possa ser aproveitado por adultos iniciantes na prática da meditação.

Dividido em 10 capítulos curtinhos, o livro começa explicando sobre Mindfulness, a concentração no momento presente, sem preocupações em relação ao passado ou ao futuro. Ao longo dos capítulos, a autora apresenta 11 exercícios fáceis de meditação, bem como explica como podem ser aplicados no dia-a-dia da família. Todos os exercícios estão disponíveis em áudio na página do livro e possuem uma indicação de qual a faixa de idade ideal para cada um deles.

Mesmo sendo exercícios indicados, em sua maioria, para crianças entre 7 e 12 anos, são exercícios que podem ser aproveitados para os adultos.

Eline Snel traz, em poucas páginas, um guia simples para incluir a meditação na vida de uma criança e, com isso, potencializar sua habilidade de auto-conhecimento, já que a meditação nos permite entender melhor como nosso corpo, pensamento e emoções funcionam. O livro é curto e a leitura é muito rápida, assim como os exercícios. Então já desbanca desde aí aquela velha desculpa de não tenho tempo.

Quietinho feito um sapo me fez querer voltar no tempo e fazer esses exercícios quando eu era criança, e com a versão mais nova de meus primos e de meu irmão.

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### **Hannah says**

This really is a great resource for anyone who wants to practice mindfulness with kids (or even learn some tips for themselves!). Each chapter contains how-tos for exercises (favorites: I Am From Mars, Personal Weather Report, and Little Box of Worries) and real-life examples of reactions from kids Snel has worked with in her workshops. Snel does a wonderful job of explaining mindfulness in a way kids can relate to and makes practicing it completely accessible to all ages (5 and up). Comes with a CD of guided exercises to use with kids, alone or in groups.

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