

Lolli And The Meditating Snail: Enchanting Kids Into Mindfulness



Lolli and the Meditating Snail (Meditation Adventures for Kids Book 4) by Elena Paige

★★★★★ 5 out of 5

Language : English
File size : 11409 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 55 pages
Lending : Enabled

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Lolli And The Meditating Snail Meditation Adventures For Kids is a charming book that teaches mindfulness and meditation to kids in a fun and engaging way.

Follow Lolli the snail on her adventures as she learns to find stillness, calm her mind, and appreciate the present moment. With simple and easy-to-follow meditations, kids can practice mindfulness anytime, anywhere.

Lolli And The Meditating Snail is the perfect to mindfulness for kids. It's a fun, engaging, and inspiring book that will help kids learn how to live in the present moment and appreciate all the good things life has to offer.

Benefits of Mindfulness for Kids

- Reduces stress and anxiety
- Improves focus and concentration
- Increases self-awareness and emotional regulation
- Promotes compassion and empathy
- Boosts creativity and imagination
- Enhances overall well-being

How to Use This Book

Lolli And The Meditating Snail is designed to be used by kids of all ages. It's a great book to read together as a family or for kids to read on their own. The meditations are short and simple, so kids can easily practice them anytime, anywhere.

Here are a few tips for using this book:

* **Start small.** Don't try to do too much too soon. Choose one or two meditations that you like and practice them regularly.

* **Be patient.** It takes time and practice to learn how to meditate. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually see the benefits.

* **Have fun!** Meditation should be enjoyable. If you're not having fun, you're less likely to stick with it. Find meditations that you enjoy and make them a regular part of your routine.

Free Download Your Copy Today!

Lolli And The Meditating Snail Meditation Adventures For Kids is available now on Our Book Library. Free Download your copy today and start your child on the path to mindfulness and well-being.

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Author Bio

[Author Name] is a children's book author and mindfulness teacher. She is passionate about helping kids learn how to live in the present moment and appreciate all the good things life has to offer. [Author Name] lives in [City, State] with her husband and two children.



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