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Be Mindful Card Deck For

"The Be Mindful Card Deck for Teens is an amazing way to support emotional health and mindfulness skills. Each card is an invitation into greater

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balance, presence, and compassion. This deck is an amazing resource for any teen caught in the stress and tumult of modern life to be able to find greater self-acceptance and connection to the world around them."

Be Mindful Card Deck for Teens: Gina M. Biegel ...

Be Mindful Card Deck for Teens by Gina Biegel, Paperback |

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Barnes & Noble® Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place.

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"The Be Mindful Card Deck for Teens is an amazing way to support emotional health and mindfulness skills. Each card is an invitation into greater balance, presence, and compassion. This deck is an amazing resource for any teen caught in the stress and tumult of modern life to be able to find greater self-acceptance and connection to the world around them."

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**Be Mindful Card
Deck for Teens -
Kindle edition by
Biegel ...**

The Be Mindful Card Deck for Teens can supplement the MBSR-T sessions. If using the cards other than as part of the 8-session MBSR-T program, there is no right or wrong way to use them. A mindful instructor working with a teen individually can also

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choose a particular card that might be relevant to that teen's issues, wants, and/or needs.

Be Mindful Card Deck for Teens — Stressed Teens

Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or

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worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax.

Be Mindful: Card Deck for Teens — Childs Work Childs Play

Format: Cards Verified Purchase Be Mindful cards are a wonderful mindfulness tool for teens and for adults.

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The author has over ten years experience working with teens to help them deal with stress, anxiety, depression, self-harm, and more. Teens can use these cards as part of their own exploration with mindfulness practice.

Amazon.com:
Customer reviews:
**Be Mindful Card
Deck for Teens**

Reduce Stress,
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Teens

Improve Self-Care and Find Focus Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future.

Be Mindful Card Deck for Teens - Games

Product Description

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This beautifully designed card deck was created to remind you to pause, get present, and take time to breathe. Print the document front and back so you have a beautiful card deck. If you print page 1 and 2, you can cut out the front cover with the back as well.

Little Reminders Mindfulness Card Deck by Take Time 2

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Simple, purposeful reminders to be mindful of our own happiness and contentment. Lovely, sturdy, bright cards that can be read individually or displayed around the house as reminders to be mindful of what brings us joy and peace. Personal or professional use. Sturdy box for storage.

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**Mindfulness Cards:
Simple Practices for
Everyday Life ...**

An easy way to cultivate mindful moments-anytime and anywhere: This engaging deck makes it easy to bring awareness, calm, and joy to everyday life. Each card includes an inspiring phrase on the front and a bite-size mindfulness exercise on the back. Users can draw one card to form

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**The Mindfulness
Cards — Purely
Wicked**

Be Mindful Card Deck
for Teens Reduce
Stress, Improve Self-
Care and Find Focus Be
Mindful cards offer you
50 ways to be present
to your life as it is
actually taking place.
These cards help you
be in the here and now
with less thinking
about the past or

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worrying about the
future.

**Be Mindful Card
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PESI**

Be Mindful Card Deck
for Teens Gina M.
Biegel. 4.4 out of 5
stars 81. Cards.
\$13.88. Mindful Games
Activity Cards: 55 Fun
Ways to Share
Mindfulness with Kids
and Teens Susan
Kaiser Greenland. 4.6
out of 5 stars 218.

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Teachers
Cards. \$16.41. Mindful
Kids: 50 Mindfulness
Activities for Kindness ,
Focus and Calm

**Growing Mindful
Cards - October 1,
2015 - amazon.com**

Shop for handmade
jewelry, fair trade
earrings, necklaces,
bracelets, handwoven
bags and scarves. Fair
trade, handmade in
Guatemala. Family
owned and operated
20+ years

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**Kids Mindfulness
Card Deck -
Altiplano**

Live your life more fully, reduce stress and remove distractions with the Mindful Reminders Card Deck. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life.

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**Mindful Reminders
Card Deck: 52
Powerful Practices
for ...**

Perfect for parents, teachers, and those in the mental health field, this simple card game is designed to be a fun and engaging way to invite kids and adults to refocus their attention on specific body sensations in a trauma-sensitive way-which can help soothe

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a frazzled or
dysregulated brain.

**Trauma-Sensitive
Mindful-Grounding
Card Deck for
Parents ...**

Mindful Chair Yoga
Card Deck When yoga
moves off the mat and
into the chair, it's
easier to integrate into
daily life. Use in the
classroom, in clinical
settings, at your desk,
on an airplane, or
anyplace you happen

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to be!

**Mindful Chair Yoga
Card Deck - Little
Flower Yoga**

Mindfulness & Self-Compassion Deck for Teens Bundle. [+] [-]
Be Mindful Card Deck for Teens. Reduce Stress, Improve Self-Care and Find Focus. Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help

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you be in the here and now with less thinking about the past or worrying about the future.

Mindfulness & Self-Compassion Deck for Teens Bundle

Hello and welcome to the Kohl's Mindful Me card deck! This card deck is designed to help you and others discover how easy practicing yoga and mindfulness can be.

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Before you get started, there are some things we need to talk about for your safety and best use of this card deck! 1.

CARD DECK - Phoenix Children's Hospital

The Friday and weekend Angel card comes from the Angels, Gods and Goddesses Deck by Toni Carmine Salerno. The card is "God of Indulgence"

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and is music to my ears. It's alright. Stop beating yourself up! It is wonderful to indulge in the things we love every once in a while; everything is fine in good measure, just don't overdo it.

Mindful Angel - The Friday and weekend Angel card comes ...

Also available as professionally printed, boxed playing cards (preorder now) OR

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purchase this print-at-home version. (For best results, you'll need heavy cardstock, a paper cutter, and a round-edge cutter.) For more information on how to use these cards, read more about the grounding activities card deck. License for a Single Printing - \$11.99 License to Print 3 Sets - \$19.99 License...

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