

PEACE, BUGS, AND UNDERSTANDING

An Adventure in Living Harmony



GAIL SILVER & GEORGE MCGOWAN JR.

Peace Bugs And Understanding An Adventure In Sibling Harmony

Albert A Gayle



Peace Bugs And Understanding An Adventure In Sibling Harmony:

Peace, Bugs, and Understanding Gail Silver, 2014-11-14 Lily and her little sister Ruby are having a picnic when Ruby spoils their game of checkers Lily lashes out but soon gets absorbed in a wonderful book the story of her great grandfather's encounter with a strange looking frog like creature called Anger The precious old journal teaches Lily about Metta a technique that has helped people transform anger into loving kindness for thousands of years With original watercolors by award winning illustrator Youme Nguyen Ly *Peace Bugs and Understanding* is an invaluable tool for parents and teachers and will help children learn to understand the causes of their own strong emotions while teaching them peaceful ways to resolve difficulties through mindfulness and meditation

Peace, Bugs, and Understanding Gail Silver, 2014-11-14 Lily and her little sister Ruby are having a picnic when Ruby spoils their game of checkers Lily lashes out but soon gets absorbed in a wonderful book the story of her great grandfather's encounter with a strange looking frog like creature called Anger The precious old journal teaches Lily about Metta a technique that has helped people transform anger into loving kindness for thousands of years With original watercolors by award winning illustrator Youme Nguyen Ly *Peace Bugs and Understanding* is an invaluable tool for parents and teachers and will help children learn to understand the causes of their own strong emotions while teaching them peaceful ways to resolve difficulties through mindfulness and meditation

Ready, Set, Breathe Carla Naumburg, 2015-12-01 How can parents prepare for and prevent their kids inevitable meltdowns In *Ready Set Breathe* a clinical social worker and mother of two shows parents how to improve both their child's and their own ability to focus calm down and deal with stress through everyday mindfulness games activities rituals and habits Designed for children ages 2-10 years old this book is fun engaging and effective This is a must read for all parents

Awakening Joy for Kids James Baraz, Michele Lilyanna, 2016-08-09 Awarded the 2016 Nautilus Gold Medal for Parenting and Family Spirit Rock founder author and teacher James Baraz's *Awakening Joy* offers his large and devoted readership a program to gain contentment and happiness by cultivating the seeds of joy within Here he joins with Michele Lilyanna a classroom teacher for 25 years to offer caregivers and children ways to find joy in each day together This unique offering nourishes both adults and kids James shares the practices for the adults parents caregivers and teachers Michele offers her own experiences as a parent and as a teacher showing how the themes work with kids followed by the tried and true lessons that she's used herself in the classroom and at home Packed with practices and activities that James and Michele have gathered over their many years of working with thousands of adults and children in retreats workshops and the classroom *Awakening Joy for Kids* is imbued with compassion and delight Part of Parallax Press growing curriculum for parents and educators designed to cultivate joy and mindfulness in children

Happy Teachers Change the World Thich Nhat Hanh, Katherine Weare, 2017-06-06 Thich Nhat Hanh shares teacher friendly guidance on bringing secular mindfulness into your classroom complete with step by step techniques exercises and insights from other educators Discover practical and re energizing

guidance on caring for yourself and your students The Plum Village approach to mindfulness in schools stresses that educators must first establish their own mindfulness practice as a basis for their work in the classroom These easy to follow step by step techniques are designed by teachers to help their colleagues cultivate this important foundation and better support their students You ll find Basic mindfulness practices taught by Thich Nhat Hanh Guidance from educators using these practices in their classrooms Ample in class interpretations activities tips and instructions Inspirational stories from teachers administrators and counselors With motivational anecdotes from colleagues and tried and true mindfulness exercises from Thich Nhat Hanh and the Plum Village community this loving and supportive guide is an invaluable tool for educators to calm focus and reenergize their classrooms My Name is Zedonk Jia Han,2017-02-28

In the 2010 Census almost 10 million Americans identified as multiracial As our population grows more and more families will be made up of people who may not look just like one another My Name is Zedonk is a charming children s book celebrating diverse and multiracial families or just a little story about a zedonk read into it what you wish Originally published in Korea the story is for ages 3 to 8 and illustrated with full color mixed media drawings that will resonate across ages races and genders This story captures love acceptance and the mystery and magic of family My mama is a donkey my papa is a zebra and I am a zedonk Each of us is a bit different and we are all happy together **1, 2, 3, ¡Respira!** Carla Naumburg,2016-08-02 Libro imprescindible con soluciones reales que os ayudan a ti y a tus hijos a gestionar de forma consciente los retos diarios y a prevenir desde el mindfulness no solo las pataletas de los m s pequeños sino también las nuestras La paternidad puede ser estresante y cuando tus hijos tienen una pataleta no resulta fácil mantener la calma por no hablar de calmarlos Los niños están aprendiendo a gestionar las emociones intensas y a prestar atención y tomar decisiones tiles pero no siempre lo consiguen Las desagradables luchas de poder pueden hacer que te sientas frustrado y desesperanzado y tu hijo m s alterado y estresado Pero no tiene por qu ser así Gracias a los divertidos juegos actividades y ejercicios que contiene podrás guardar la compostura utilizar el mindfulness con tus hijos y proporcionarles las habilidades que necesitan para gestionar mejor el estrés las emociones difíciles y los problemas de atención Las crisis son inevitables pero con este libro sabrás qué hacer para restaurar la paz Reseñas Un regalo a los padres sumamente atractivo y fácil de comprender que ofrece formas sencillas y al mismo tiempo significativas de practicar el mindfulness personalmente y con los niños Susan Kaiser Greenland autora de The Mindful Child y cofundadora de Inner Kids Lleno de estrategias sabias efectivas y divertidas Si todos los padres leyeran este libro las familias serían mucho más felices Elisha Goldstein doctora en psicología cofundadora del Center for Mindful Living y autora de Uncovering Happiness **Insegnanti felici cambiano il mondo.** Thich Nhat Hanh,Katherine Weare,2020-03-24 Un utile guida che raccoglie gli insegnamenti di Thich Nhat Hanh e della comunità di Plum Village su come praticare la mindfulness a scuola a tutti i livelli di istruzione e nel processo educativo in generale Il libro non presenta connotazioni religiose o confessionali ma adotta un punto di vista molto concreto e propone pratiche di consapevolezza rivolte a educatori e studenti

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Peace Bugs And Understanding An Adventure In Sibling Harmony Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Peace Bugs And Understanding An Adventure In Sibling Harmony**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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