



Mindfulness Coloring Book for Children: A Fantastic Introduction to Mindfulness for Children

By The Future Teacher Foundation

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Mindfulness Coloring Book for Children: A Fantastic Introduction to Mindfulness for Children By The Future Teacher Foundation

The original Mindfulness Coloring Book for Children is the perfect introduction to mindfulness coloring, suitable for children of all ages. Filled with calming shapes and patterns that are a joy to color, this book will help to enhance a peaceful sense of well-being whilst encouraging concentration skills and mindfulness. Created by an experienced teacher who has been teaching mindfulness to children for years. The whole book has been designed to be single sided, this means every page can be removed for framing or display with no bleed through. This feature helps to develop mindfulness and a sense of pride in the coloring for the child. Contains a written introduction to mindfulness for children and information for adults relating to the book. If you are looking for a unique, calming coloring experience that is suitable for both boys and girls then Mindfulness Coloring Book for Children is the book for you.

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