

Imagination Based Mindfulness Activities To Calm Yourself Build Independence

Imagination Based Mindfulness Activities To Calm Yourself Build Independence is a book that teaches children how to use their imagination to calm themselves down and build independence. The book is full of fun and engaging activities that help children learn how to cope with stress, anxiety, and difficult emotions.



The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series) by Irene McHenry

★★★★☆ 4.4 out of 5

Language : English
File size : 1323 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 167 pages



The book is divided into three parts:

1. **Part 1: Calming Activities**
2. **Part 2: Independence Activities**
3. **Part 3: Activities for Difficult Emotions**

Each part contains a variety of activities that are designed to help children learn how to use their imagination to manage their emotions and behavior. The activities are simple and easy to follow, and they can be done anywhere, anytime.

The book is a valuable resource for parents, teachers, and counselors who work with children. It can help children learn how to cope with stress, anxiety, and difficult emotions in a healthy way. The book can also help children build independence and self-confidence.

Here are a few examples of the activities in the book:

- **Calming Activities:**
 - **Breathe and Imagine:** This activity helps children learn how to use their breath to calm themselves down. They simply close their eyes and focus on their breath, imagining that they are breathing in peace and calm and breathing out stress and anxiety.
 - **Body Scan:** This activity helps children learn how to become more aware of their bodies. They simply lie down and focus on each part of their body, from their head to their toes, noticing any sensations that they feel.
 - **Visualization:** This activity helps children learn how to use their imagination to create a calm and peaceful place. They simply close their eyes and imagine a place where they feel safe and happy.
- **Independence Activities:**
 - **Problem Solving:** This activity helps children learn how to solve problems independently. They simply think about a problem that

they are facing and then brainstorm different solutions.

- **Decision Making:** This activity helps children learn how to make decisions independently. They simply think about a decision that they need to make and then weigh the pros and cons of each option.
- **Goal Setting:** This activity helps children learn how to set goals and achieve them. They simply think about a goal that they want to achieve and then create a plan for how to reach it.
- **Activities for Difficult Emotions:**
 - **Feelings Wheel:** This activity helps children learn how to identify and label their emotions. They simply look at a wheel that contains different emotions and then point to the emotion that they are feeling.
 - **Emotional Thermometer:** This activity helps children learn how to rate the intensity of their emotions. They simply look at a thermometer that contains different levels of intensity and then point to the level that matches the intensity of their emotion.
 - **Coping Skills Plan:** This activity helps children learn how to develop a plan for coping with difficult emotions. They simply think about a difficult emotion that they experience and then brainstorm different coping skills that they can use.

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To learn more about the book, please visit the website:

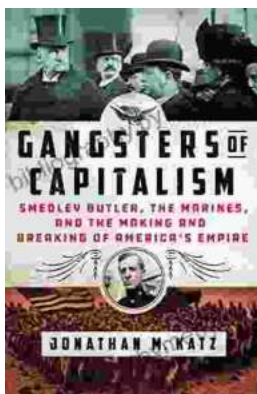
<https://www.imaginationbasedmindfulness.com>



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