

Mindful Bea and the Worry Tree: A Calming Story for Children



Mindful Bea and the Worry Tree by Gail Silver

★★★★☆ 4.7 out of 5

Language : English

File size : 16391 KB

Print length : 32 pages

Screen Reader : Supported



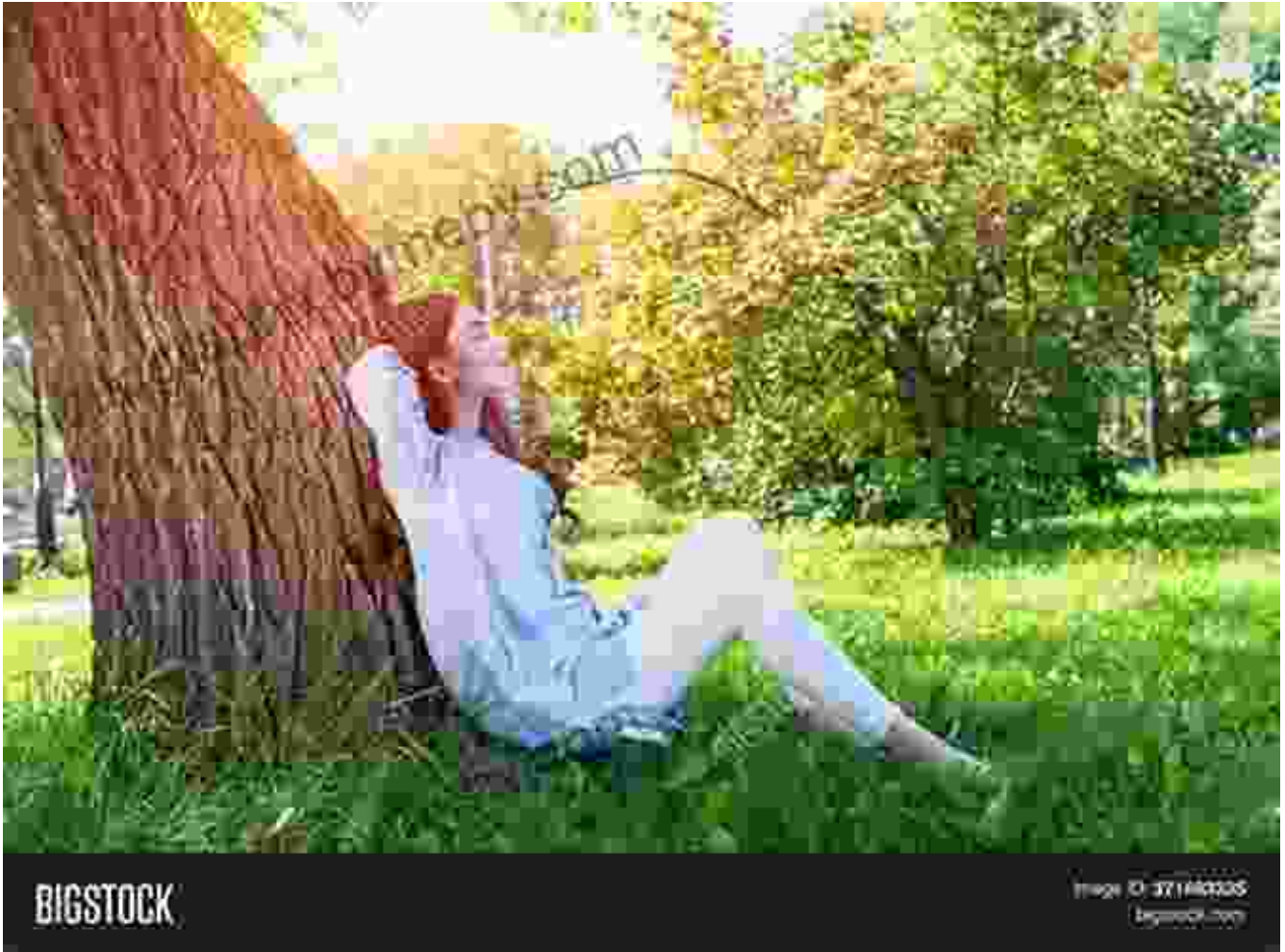
****Written by:**** [Author's name]

****Illustrated by:**** [Illustrator's name]

****Publisher:**** [Publisher's name]

****:**** [number]

****Age range:**** 4-8 years



Synopsis

Mindful Bea is a young girl who loves to explore the world around her. But sometimes, her mind gets filled with worries. She worries about everything, from her schoolwork to her family to the future. One day, Bea meets a wise old tree who teaches her how to manage her worries and live in the present moment.

With the help of the Worry Tree, Bea learns how to identify her worries, let them go, and focus on the good things in her life. She learns how to breathe deeply, meditate, and practice gratitude. And as she practices

these mindfulness techniques, Bea's worries start to disappear and she begins to feel happier and more peaceful.

What parents and educators are saying about Mindful Bea and the Worry Tree

“Mindful Bea and the Worry Tree is a beautifully illustrated and engaging story that teaches kids how to manage their worries and live in the present moment. This book is a valuable resource for parents and educators who want to help children develop resilience and emotional well-being.” —

[Parent or educator's name]

“I love this book! It's a simple but powerful story that teaches kids how to deal with their worries in a healthy way. I highly recommend this book to all parents and educators.” — **[Parent or educator's name]**

Activities and resources

In addition to the story, Mindful Bea and the Worry Tree also includes a variety of activities and resources that can help kids practice mindfulness and manage their worries. These activities include:

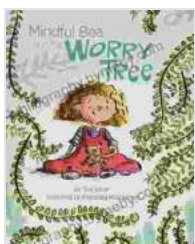
- Guided meditations
- Breathing exercises
- Yoga poses
- Art and journal prompts

These activities are a great way for kids to learn more about mindfulness and practice the skills they learn in the story. They can also be used by parents and educators to help kids cope with stress and anxiety.

Free Download your copy today!

Mindful Bea and the Worry Tree is available now from all major booksellers. Free Download your copy today and help your child learn how to manage their worries and live in the present moment.

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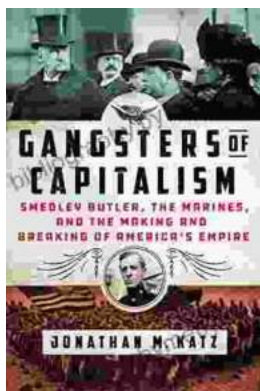
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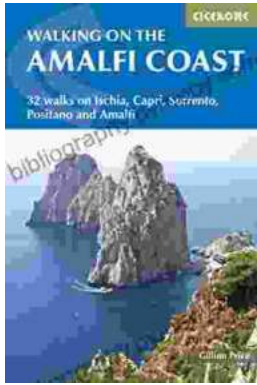
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