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The Puzzle You Purchased Can Help You Practice Mindfulness

A Mindfulness Definition for Kids. Mindfulness can be defined in simpler, easier-to-understand terms for children. For example, mindfulness expert David

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Gelles defines it as “the simple practice of bringing a gentle, accepting attitude to the present moment” (n.d.). Children should find it easy to understand what mindfulness is based on this definition, but you might need to discuss it ...

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An activity that can help us experience some of the many benefits of mindfulness is focusing on completing

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