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Under the Sea "A Seashell Meditation for Children: A Coloring & Activity Book

Patricia May

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A Seashell Meditation for Children, Under the Sea, is a unique coloring activity book that contains a short meditation story rhyme using a seashell as a tool for focus and concentration. With a simple and easy meditation technique, even the youngest children can engage, learn and have fun. The book encourages the child to use their imagination while listening to the story as it is being read. The child then can color the pages that corresponds with the meditation story as well as create their own images in spaces provided by reflecting back on the meditation. Mindfulness meditation techniques help to relax kids, creates many benefits of meditation, and encourages the child to engage and participate. Very interactive and fun for all. (Seashell not Included)

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