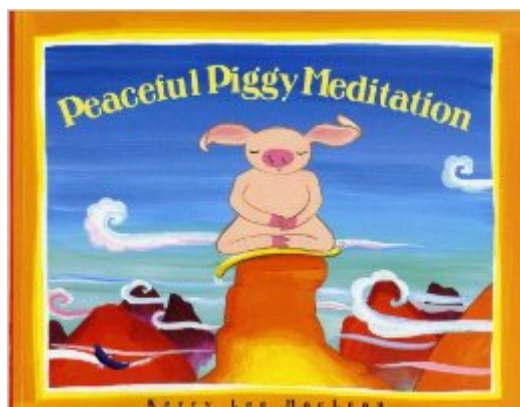


The book was found

Peaceful Piggy Meditation (Albert Whitman Prairie Books)



Synopsis

Sometimes life seems like it's all about hurrying--so many places to go! And sometimes it's hard when things don't go your way--it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate!

Book Information

Series: Albert Whitman Prairie Books

Paperback: 32 pages

Publisher: Albert Whitman & Company; 1 edition (January 1, 2004)

Language: English

ISBN-10: 0807563811

ISBN-13: 978-0807563816

Product Dimensions: 8.5 x 10.5 x 0.1 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (194 customer reviews)

Best Sellers Rank: #8,822 in Books (See Top 100 in Books) #20 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #47 inÂ Books > Children's Books > Animals > Pigs #155 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 5 - 9 years

Grade Level: Kindergarten - 4

Customer Reviews

This is an excellent introductory book on meditation that we recently used with great success to teach children to meditate at a Buddhist summer camp. The theme of the book was just about right for kids aged 4-9. I did not find the material "dumbed down" for this age group as a previous reviewer suggested, but perhaps older children might find it to be so. The piggies are cute and kind of cool (I liked them!). The book guides children through the reasons why meditation is necessary, and believe me when I say it is the best book on the market for doing so (I looked around extensively). Especially good is the "mind-in-a-jar" experiment at the end of the book which gives a concrete, hands-on demonstration of why meditation is necessary. We placed dirt into a jar, spun it around, and the kids noticed how the sediment settled to the bottom after they meditated. A note, however: a little dirt goes a long way - don't put too much in or the experiment won't be as successful. Some practical notes: it is best if this book is taught by someone who is experienced in

meditation, as is the case with all meditative traditions. Furthermore, most children can't really meditate effectively for more than five or ten minutes due to modern attention spans. Just like adults, some children can meditate in full-lotus, some in half-lotus, and some can't do either. Especially if teaching in a group, care needs to be given to all three groups and children should be allowed to do what is comfortable. Finally, instruction is needed on the importance of giving ourselves some time to "switch modes" from meditation-mode to running-around-and-playing-mode in order to adjust.

[Download to continue reading...](#)

Peaceful Piggy Meditation (Albert Whitman Prairie Books) No More Pacifier for Piggy! (Ducky and Piggy) The St. Patrick's Day Shillelagh (Albert Whitman Prairie Paperback) White Socks Only (Albert Whitman Prairie Paperback) Peaceful Piggy Yoga Nobody Knew What to Do: A Story about Bullying (Concept Books (Albert Whitman)) His Prairie Sweetheart (Prairie Brides Book Five) No More Diapers for Ducky! (Ducky and Piggy) This Little Piggy: A Hand-Puppet Board Book (Little Scholastic) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep Seeds of Freedom: The Peaceful Integration of Huntsville, Alabama Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting Peaceful Action, Open Heart: Lessons from the Lotus Sutra How Would Buddha Think?: 1,501 Right-Intention Teachings for Cultivating a Peaceful Mind (The New Harbinger Following Buddha Series) Peaceful Revolution: How We can Create the Future Needed for Humanity's Survival Yoga Mind, Peaceful Mind: Simple Meditations for Overcoming Anxiety Way of the Peaceful Warrior: A Book That Changes Lives

[Dmca](#)