



# Planting Seeds: Practicing Mindfulness with Children

*Thich Nhat Hanh , Wietske Vriezen (Illustrator)*

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**Planting Seeds: Practicing Mindfulness with Children** Thich Nhat Hanh , Wietske Vriezen (Illustrator)  
Planting Seeds: Practicing Mindfulness with Children is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD covers a wide range of contemplative and fun activities parents and educators can do with their children or students. They are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication.

Planting Seeds offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included are the lyrics to the songs on the enclosed CD that summarize and reinforce the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group.

## Planting Seeds: Practicing Mindfulness with Children Details

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Author : Thich Nhat Hanh , Wietske Vriezen (Illustrator)

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## **From Reader Review Planting Seeds: Practicing Mindfulness with Children for online ebook**

### **Megan says**

I will edit this review when I have finished the book.

But, I absolutely relate to the idea of firstly taking care of myself, then my children/family and then my community.

This book answers my need on how to model mindfulness to my children, while learning the tools of taking care of myself. Ad nourishing and sustaining my relationships.

I enjoy the CD. The music is very calming for me, and the guided meditation is helpful.

I have been looking at how to combine Buddhism with family life. I am a parent at home with two young children and not able to practice as a monk/nun would practice. I also am more drawn to a Buddhism without specific beliefs.

Essentially, I feel like this book makes Buddhism available in the context of leaning emotional regulation and nurturing social relationships - within a family context. Two goals that have been sorely missing from my experience of religion and life. These issues are very acute in my life, living in Israel.

This book gives me the tools to address the social injustice in our region, in a gentle and compassionate way.

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### **Amy Makortoff says**

Absolutely love this book.

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### **Megan says**

Found the exercises to be really great. I saved them to use with my girls. This has more information for classrooms than individual families, and more for little kids than bigger ones. It also has more of a Buddhist focus than I use with mindfulness, but it's thoughtful and helpful.

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### **Matt says**

Handy book for practices involving children and staying present --

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### **Molly Westerman says**

I'm not a Buddhist, but I do find meditation and mindfulness practices really helpful, and I particularly got a lot out of Thich Nhat Hanh's book *The Blooming of a Lotus* waaaay back when I was an undergrad. I remember the simplicity of the practices, and the way they helped me ground myself during some angsty periods of my life. So when I saw *Planting Seeds*, I hoped it would help me figure out ways to start passing these tools along to my two young children.

There's a lot to like here, and a lot to take away. (I should say I haven't actually tried any of this with my nearly-six-year-old yet, because I just finished reading the book.) Although the text is clearly rooted in a Buddhist set of beliefs, it's pretty easy to set aside what doesn't fit for your family and use what does, even if you're totally secular or practice a different faith: the text actually *invites* us to do so on a number of occasions. The activities and practices are simple, clear, and mostly very appealing. Some require larger groups (as in a school or retreat setting), but others work for individual children. The book is easy to read and interesting.

Perhaps my favorite thing about it is its deeply loving tone, its way of taking children as real, whole people worthy of respect as well as affection.

There's a more detailed review at my blog.

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### **Carly says**

This was a very good book. I think all parents and educators should read it. If not to follow it's lessons precisely, at least to get a feel for the idea of increasing mindfulness in our children and our teaching. Do not let the idea that it is based in Buddhism fool you into thinking that any other religious person could not benefit from it. I have found that most Buddhist teachings I have read firmly believe that no one should convert to Buddhism, but they feel that some of their practices could be adapted to many other religious groups and also to secular groups such as the standard school classroom and therefore respectfully share their ideas. Here in the US we are so hurried all the time and never disconnect. It would do us all a great deal of good to stop and follow our breath more often. It would also do us some good to look at things from more than one perspective and gain understanding of our fellow humans on this earth.

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### **Halden says**

Some great exercises for working with children.

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### **Bllu Catalano says**

*Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh is essential reading for those who work with children or who wish to help their own children learn meditative practices.

This is for all spiritual backgrounds and traditions. Don't get hung up on this being Buddhist. These practices are not specific to any religion. They are a system. Every human, however young, has the power to develop their spiritual self, the teachings say. Some commune with god or God, some with nature. The goal is that we commune, and that we find ways to help our children connect to the goodness in the world. Whatever the wisdom is labeled, the reader of this book is provided with a wonderful guide for helping children lower

stress and anxiety. No more need be said. For our times, that's essential reading.

But to say more, Buddhist practice springs from shedding judgement and learning ways to connect to the compassionate, loving self. As parents and caregivers, this intention touches the essence of our challenge with kids: how to limit our baggage, how to nurture and encourage uniqueness. The more we give care to the young, the more we realize our own hangups, and the wisdom contained in this book give parents tools to practice kindness to ourselves and others, and by so doing, teach.

This book draws on decades of development at the Plum Village community, where children are invited to stay with parents. The chapters provide stories and wisdom in the simple, concise manner that has made Thich Nhat Hanh an accessible and popular author--and an effective leader. There are many stories and anecdotes provided to show how some of these wisdoms developed and were employed.

I highly recommend this book for caregivers of any kind. Each and every trick for relaxing, letting go, and connecting to the loving self is worth its weight in gold. Teaching a child to help de-escalate stress or tension is a gift that will grow and help them for the rest of their lives. If you seek tools to help your younger students or family with lowering tension as well as gaining better insight into themselves, this book is for you.

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### **Shannon says**

Lots of good mindfulness exercises to do with wiggly kids; visualizations; explanations were helpful for talking with kids too

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### **Sara says**

This is such a great book written like a lesson plan for a group of kids (little ones to teenage). I plan on starting one where we could get together once a week and go through the book. It deserves 5+ stars! I checked this out from the library, but I am planning on buying my own copy. There is an option to get this for a kindle, but then you don't get the CD, which not only is great with the book but could be used as a background music for a kids yoga class. This book is wonderful and I hope many enjoy it and share with children, it would make such a difference in this world!

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### **Amber says**

Great guide with lots of practical activities. A real pleasure to read.

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### **Alexis says**

I think it speaks to the state of my mindfulness practice that I skimmed the rest of this book before returning it to the library. I don't think that skimming a mindfulness book is really what it's all about, but it was a good read. I incorporate a lot of mindfulness into my therapy practice with anxious, depressed, and inattentive

kids. I'm also doing it myself and am really appreciating any attempts that I make in that direction. It's the gift that immediately gives and keeps on giving. I'm also enjoying how much Molly naturally embodies the practice of mindfulness. We go on walks and she tells me everything she is seeing and smelling. She can hear a plane before I can and notices tiny bugs on the sidewalk without trying. She has taught me mindfulness more than anything before. I love this book and think some of the group activities would be great for CAPS or a classroom!!

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### **Michaela says**

I love how this book is like a little lesson plan for mindfulness. It shows us how we can instill mindful thoughts and self reflection into children.

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### **Erica says**

(5) Practical applications aside, this is an easy read and even easier to incorporate into daily life. Highly recommend for anyone who is struggling to gain an understanding of mindfulness and anyone who works with children and teens. I will definitely buy a copy for my personal collection!

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### **Mandy says**

I love all things Thich Nhat Hanh. That being said, this is a lovely tool for raising mindful, present children. I enjoyed reading through this slowly, taking time to absorb the material. It's a book I wouldn't mind having on my shelf as a reference.

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