



Growing mindful : Mindfulness practices for all ages

<https://libraries.phsa.ca/permalink/catalog121696>

Abblett, Mitch, Willard, Christopher. [Eau Claire, WI]: PESI Publishing and Media , 2019. 2nd Ed. (Kit) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
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“ *Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!* ”