



## Planting seeds: Practicing mindfulness with children

<https://libraries.phsa.ca/permalink/catalog112588>

Nhat Hanh, Thich, Plum Village Community, Vriezen, Wietske (ill.). Berkeley, CA: Parallax Press , 2011. (Kit) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: EG 200 NHA 2011

“ A complete overview of all of Thich Nhat Hanh's practices for children. "Planting Seeds" is full of hands-on activities to help children and adults relieve stress, increase concentration and confidence, deal with difficult emotions, and improve communication. It includes over 30 full-color illustra...