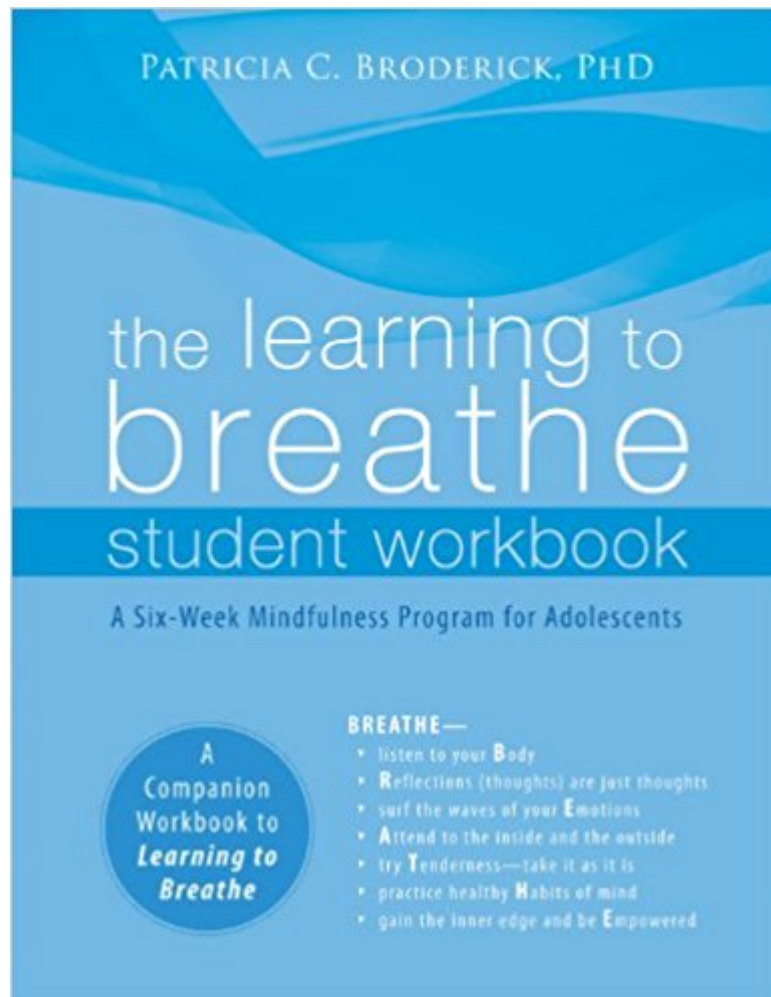


The book was found

# The Learning To Breathe Student Workbook: A Six-Week Mindfulness Program For Adolescents



## Synopsis

Disruptive behavior in the classroom, poor academic performance, out-of-control emotions: if you work with adolescents, you are well-aware of the challenges this age group presents. What if there was a way to calm these students down and arm them with the mindfulness skills needed to really excel in school and life? Written by mindfulness expert and licensed clinical psychologist Patricia C. Broderick, *Learning to Breathe* is a secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. The book also includes a website link with student handouts and homework assignments, making it an ideal classroom tool. The book integrates certain themes of mindfulness-based stress reduction (MBSR), developed by Jon Kabat-Zinn, into a program that is shorter, more accessible to students, and compatible with school curricula. Students will learn to pay attention in the moment, manage emotions as they are perceived, and gain greater control over their own feelings and actions. These mindfulness practices offer the opportunity to develop hardiness in the face of uncomfortable feelings that otherwise might provoke a response that could be harmful (e.g. acting out by taking drugs, displaying violent behavior or acting in by becoming more depressed). This easy-to-use manual is designed to be used by teachers, but can also be used by any mental health provider teaching adolescents emotion regulation, stress reduction and mindfulness skills. The author is a graduate of the MBSR advanced practicum at the Center for Mindfulness in Massachusetts, led by Jon Kabat-Zinn. She is also a clinical psychologist and a certified school psychologist and counselor for grades K-12. In the book, Broderick calls on her years of experience working with adolescents to outline the best strategies for dealing with disruption in the classroom and emotions that are out of hand. The book is structured around six themes built upon the acronym BREATHE, and each theme has a core message. The program allows for themes to be delivered in 6 longer or 18 shorter sessions, depending upon time and needs of students. The 6 core lessons are: Body, Reflection, Emotions, Attention, Tenderness, and Healthy Mind Habits. *Learning to Breathe* is the perfect tool for empowering students as they grapple with the psychological tasks of adolescence.

## Book Information

Paperback: 32 pages

Publisher: New Harbinger Publications; Csm Stu Wk edition (June 1, 2013)

Language: English

ISBN-10: 1626251096

ISBN-13: 978-1626251090

Product Dimensions: 0.2 x 8.5 x 10.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #323,604 in Books (See Top 100 in Books) #169 in Â Books > Medical Books >

Psychology > Adolescent Psychology #203 in Â Books > Health, Fitness & Dieting > Psychology &

Counseling > Adolescent Psychology #577 in Â Books > Education & Teaching > Schools &

Teaching > Education Theory > Educational Psychology

## Customer Reviews

My students loved this and found it really helpful.

this book arrived in tattered shape

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

The Learning to Breathe Student Workbook: A Six-Week Mindfulness Program for Adolescents  
Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1  
(Week-by-Week Homework For Building Reading Comprehension and Fluency) Learning: 25  
Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory  
Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam  
Preparation) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and  
Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Mindfulness:  
Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And  
Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) The Mindfulness  
Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and  
Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Learn: Cognitive Psychology -  
How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games,  
Learning Techniques, Learning ... Learning, Cognitive Science, Study) George Eliot Six Pack -  
Middlemarch, Daniel Deronda, Silas Marner, The Lifted Veil, The Mill on the Floss and Adam Bede  
(Illustrated with links to free ... all six books) (Six Pack Classics Book 8) Group Work with  
Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents,  
and Families) Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and

Adolescents Series, 8th Edition) ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy Reversing Asthma: Breathe Easier with This Revolutionary New Program The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation WEBSITE ANALYTICS: Week #6 of the 26-Week Digital Marketing Plan [Edition 3.0] The Week-by-Week Vegetable Gardener's Handbook: Make the Most of Your Growing Season The Medical School Admissions Guide: A Harvard MD's Week-By-Week Admissions Handbook

[Dmca](#)