



## Mindful Moments: Trevor's Tale (Paperback)

By Jenny M Mills

Roots Wings, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What if we could spend more time having fun with our kids rather than trying to control their behavior? What if children could learn how to manage their impulses without needing constant reminders from adults? What if bullying became a thing of the past? Trevor was one of those kids who thought he would always be a bully and was doomed to be sitting by himself every day at lunch until he found another way. In Mindful Moments: Trevor's Tale, fifth grader and school bully Trevor follows a trail of mysterious notes that leads to a second grade classroom where he learns mindfulness skills to help un-bully himself. Trevor learns to stop himself from picking fights, causing trouble, and being mean. He also learns helpful sayings like, It's okay, everybody feels this way - it will go away! to remember that everyone feels many different emotions which are constantly changing. Not just for children with behavior issues, this book teaches all children how to better understand oneself using mindful awareness. A three-part story inspired by true events, Mindful Moments: Trevor's Tale...



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