



Planting Seeds with Music and Songs : Practicing Mindfulness with Children

Thich Nhat Hanh

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Planting Seeds with Music and Songs is an audio-enhanced eBook. Recorded audio music and song lyrics from the book are included with this new digital edition.

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 over 30 years of teaching mindfulness and compassion to parents, teachers, and children, the book covers a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities 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 and adapted for children include: mindful breathing, walking and eating meditation, inviting a bell to sound, pebble meditation, the Two Promises, Touching the Earth and Deep Relaxation, and how to deal with conflict and strong emotions. Also includes a chapter on dealing effectively with conflict in the classroom or difficult group dynamics, based on a conference with Thich Nhat Hanh, teachers and students.

Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this book helpful. It is full of wisdom on how to simply be with children and nourish their compassion for themselves and others.

Beautiful, color illustrations by Wietske Vriezen illustrator of *Mindful Movements—Ten Exercise for Well Being*, ISBN: 978-1-888375-79-4.

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