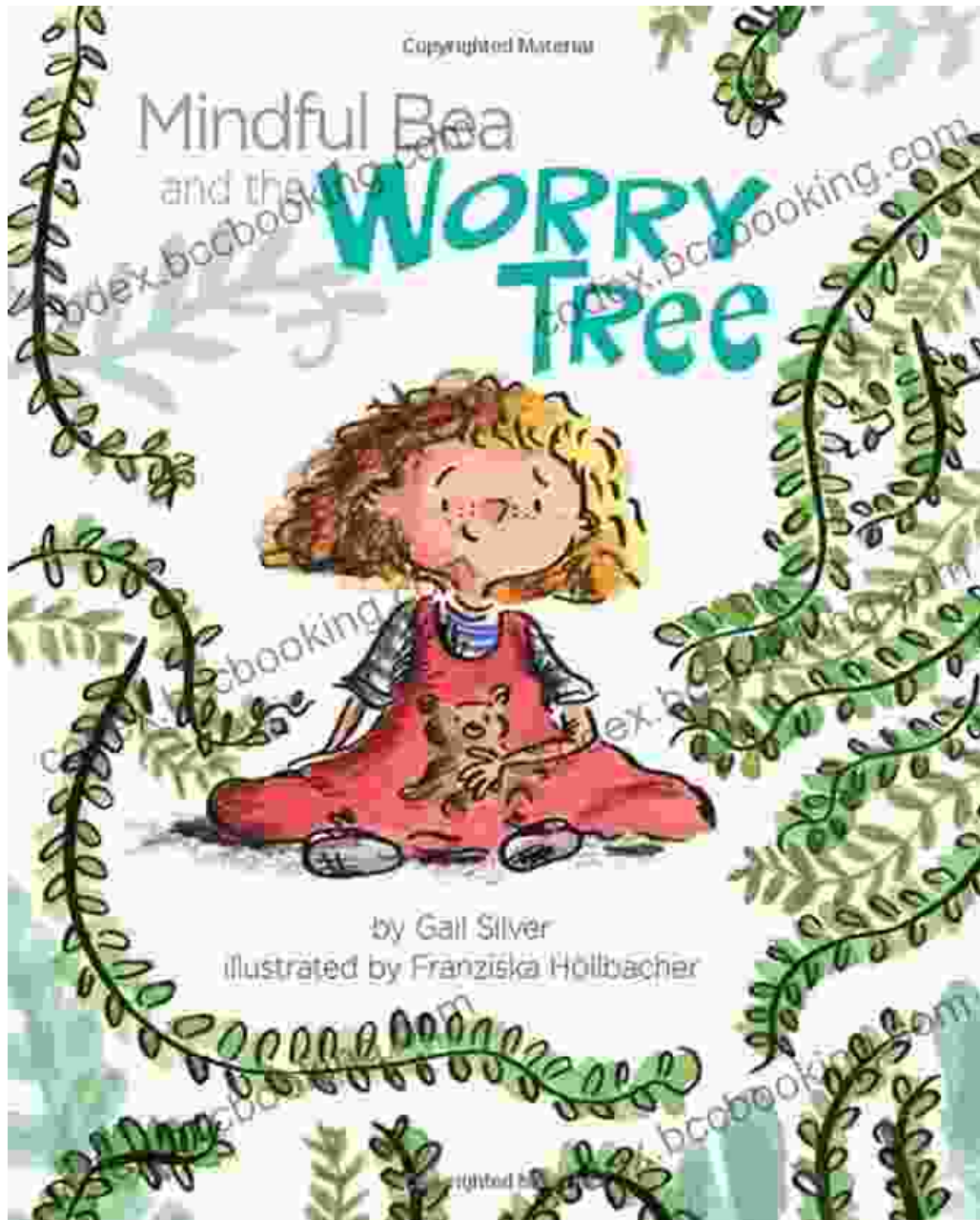


# Mindful Bea and the Worry Tree: A Story about Mindfulness for Kids



Mindful Bea and the Worry Tree is a delightful story that introduces children to the concept of mindfulness. Through Bea's journey, they learn how to identify their worries, calm their minds, and develop a growth mindset.



## Mindful Bea and the Worry Tree by Gail Silver

★★★★☆ 4.7 out of 5

Language : English

File size : 16391 KB

Print length : 32 pages

Screen Reader : Supported



Bea is a curious and imaginative girl, but she also has a tendency to worry. When she's feeling anxious, she often imagines a big, scary worry tree growing in her mind. The branches of the tree are filled with all the things that make her worry, like school, friendships, and the future.

One day, Bea meets a wise old owl who teaches her about mindfulness. The owl shows Bea how to pay attention to her breath, her body, and her thoughts. He also teaches her how to talk to her worries in a kind and compassionate way.

With the help of the wise old owl, Bea learns how to calm her mind and shrink her worry tree. She also learns how to develop a growth mindset, which helps her to see challenges as opportunities for learning and growth.

Mindful Bea and the Worry Tree is a heartwarming story that teaches children valuable life lessons about mindfulness, resilience, and growth mindset. It's a perfect book for parents, teachers, and counselors who want to help children cope with anxiety and develop a healthy, positive mindset.

**"Mindful Bea and the Worry Tree is a beautifully written and illustrated book that teaches children about mindfulness in a fun and engaging**

way. I highly recommend this book to parents, teachers, and counselors who want to help children cope with anxiety and develop a healthy, positive mindset."

- Dr. Rebecca Schrag Hershberg, author of *The Mindfulness Workbook for Kids*

---

"Mindful Bea and the Worry Tree is a delightful and inspiring book that teaches children the importance of mindfulness. Through Bea's journey, children learn how to identify their worries, calm their minds, and develop a growth mindset. This book is a wonderful resource for parents, teachers, and counselors who want to help children cope with anxiety and develop a healthy, positive mindset."

- Dr. Lori Lite, author of *The ABCs of Child Psychology*

**Free Download your copy of Mindful Bea and the Worry Tree today!**

Free Download Now



**Mindful Bea and the Worry Tree** by Gail Silver

★ ★ ★ ★ ☆ 4.7 out of 5

Language : English

File size : 16391 KB

Print length : 32 pages

Screen Reader : Supported

FREE

DOWNLOAD E-BOOK





## **Escape to Sunrise Cottage: A Captivating Read You Won't Want to Miss**

Are you ready for a heartwarming escape? Step into the enchanting world of Sunrise Cottage, where love, loss, and redemption intertwine in a captivating...



## **Flipping the Switch on Technology: A Life-Changing Guide to Mindful Use**

In the digital age, technology has become an indispensable part of our lives. We rely on it for work, communication, entertainment, and...