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Enchanted Meditations for Kids (Calm for Kids)

Christiane Kerr

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These stunning meditations vary from 4 10 minutes each in length and can be used separately or run together as one track. Tracks from this CD include: Jellyfish Relaxation; An Underwater Dolphin Ride; The Magic Rainbow; Butterfly Relaxation and Enchanted Garden and a Hot Air Balloon Trip. Beautiful calm journeys to help children with confidence, self esteem and creativity. We like to think of childhood as an idyllic, worry-free time, but the reality is very different. Exam stress, bullying, peer pressure and family break ups are part of life, and even time off is a barrage of noise and images in the form of computer games and television. Many children don't have a chance to catch their breath before time for bed. These wonderful CDs do more than just entertain children; they provide a wonderful way to introduce children at an early age, or even in the teen years, to the art of relaxation. Christiane's approach is very child centered and uses images and language that children identify with. She empowers them in areas of their development like confidence, self-esteem and concentration. Using simple visualizations Christiane invites the listener into a world of magic where kids can explore their creativity and develop a good sense of positivity in their daily life both at home and at school. Regular use of these CDs will help to promote restful sleep and a calm disposition. Each story / meditation with its accompanying music increases a child's ability to visualize and inspires individual creativity. These CDs can be used at home with your children or as a teaching resource in the classroom. These lovely meditations can be enjoyed by adults too as relaxation and visualization can enhance an overall feeling of well being for the whole family

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