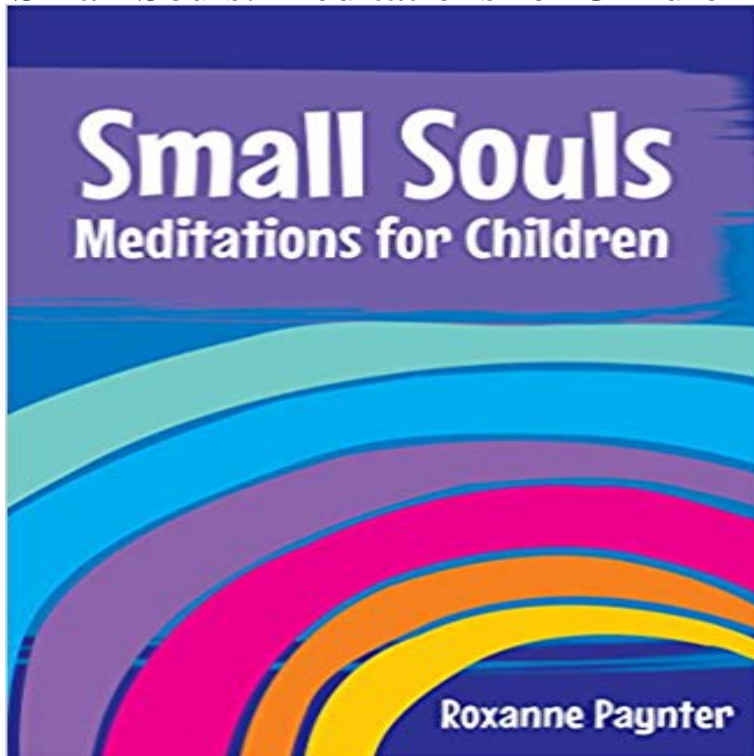


Small Souls: Meditations for Children



Easy guided meditations for children. Great for a relaxing bedtime routine, helping calm children with behavioral issues, and benefit children unwell or confined. Ideal for teachers and parents. Easy to use for beginners, with positive affirmations helping to develop self esteem and confront everyday issues. As a Behaviour Support Teacher, we often incorporate calming strategies and visualisation within our work. Roxannes meditations are perfect! - Kelly OGrady (B.Ed.,M.Ed.)

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