



Breathe and Be: A Book of Mindfulness Poems

Kate Coombs , Anna Emilia Laitinen (Illustrations)

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Teaching mindfulness helps kids learn to stay calm, regulate their emotions, and appreciate the world around us. With Breathe and Be, author Kate Coombs and illustrator Anna Emilia Laitinen team up to present a book of poetry and art for young readers to make mindfulness easy, natural, and beautiful. Created for readers aged 4-8, here is a book sure to delight parents and kids alike, blending lovingly illustrated nature imagery with elegant poetry about living with awareness and inner peace.

Breathe and Be: A Book of Mindfulness Poems Details

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Author : Kate Coombs , Anna Emilia Laitinen (Illustrations)

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From Reader Review *Breathe and Be: A Book of Mindfulness Poems* for online ebook

Hilary says

I found this too obvious, for example

My feet touch the earth.

My hands touch the tall grasses.

My face touches the sky.

I run through the morning.

I am alive in the world!

This didn't do anything for me, I find it annoying when a book just states the obvious, it feels like they are thinking the reader is stupid, in my opinion.

Kelsey says

The illustrations in this book are absolutely gorgeous. The poems remind the reader to stay calm and relax. It's a great book for any age!

I won this book through a Goodreads giveaway.

Linda says

I just received this "book of mindfulness poems," much praised, and with serendipitous timing because I just wrote a poem for Poetry Friday about the beauty of breathing. I sometimes read parts of a book by Thich Nhat Hanh that speak to this, too. The book is titled *You Are Here*, and also speaks of quiet noticing. I hope that everyone will be able to read this book. Along with Kate Coombs' words, Anna Emilia Laitinen has filled the pages with beautiful scenes of natures and wonderful kids there, breathing and being. It is a book that can be enjoyed by all ages, one that will help to introduce the healing idea of being present. One of my favorite parts says: *There's a quiet place/in my head like an egg hidden/ in a nest. A place/I go when the world is loud./A moss-green forest with birds.*"

Kathy says

This is a book to help children learn about mindfulness. Its writing and illustrations are superb! I am so glad that someone thought to bring this subject to the young ones in our world. It is important for them to know that they are enough, just by being themselves; that they can live and enjoy the moment; that when their outside world is over-whelming, they can retreat to a quiet place in their mind. What wonderful lessons for us all!

I won a copy of this book through Goodreads give-aways, and I'm so glad I did. This will make a wonderful gift for my grandchildren. Thanks Goodreads!!

Christine says

Beautiful artwork and simple, calming poems. I'm really appreciating this book with its gentle reminders to slow down and calm my busy mind. I'm sure it's good for kids too, but it's great for stressed out grown-ups!

Trish says

Nice book for kids who want to be mindful.

Reading Faerie says

So cute, when I have a kid I'm getting this.

Arminzerella says

From the first page this book soothes restless thoughts and spirits with its calm, centering poems. Illustrations, primarily in blues and greens, are similarly soothing. Readers will find themselves settling into this and breathing along, letting go of distractions and stress. An early introduction to mindfulness and being in the moment for a young audience. Love this.

Excerpt:

Tomorrow's an egg
that hasn't hatched. Yesterday
is a bird that has flown.
But today is real. Here now,
this minute, the true wings.

Rachel Hutsell says

Genre: Poetry

Grade: Primary

I liked this book. I think that these poems are great, especially for children who tend to be more anxious/panicky. These poems are soothing, simple, and peaceful. I think that children are being exposed to so much stress these days. Children can hardly just be present in the moment as children these days. I think that this is a great book to have on hand in the classroom, especially near a place where a child can cool down if he/she needs to. I recommend this book!

Laura Salas says

Poet friend Kate Coombs sent me a copy of her new picture book, *Breathe and Be* (Sounds True, 2017). It came in the mail on a busy day (is there such a thing as an un-busy day?), and I was going to wait until the weekend to cuddle up with it. But then I snuck a peek at one poem and couldn't put it down. It is swoon-worthy.

And, honestly, that story is the perfect illustration of why I need this book. Why kids and adults both need this book. Most of us are so busy all the time. I strive for mindfulness but often fail. I do an extremely brief sort of meditation in the morning (we're talking single digit numbers here), and sometimes I can't even just breathe and be for that long!

The tanka in this book, and the absolutely lovely full-spread illustrations by Anna Emilia Laitinen, are like one-minute vacations for your mind. As I read this book, my mind lets go a little bit. The weight of the heavy stock paper, the grounded words—it all feels so calming and reassuring. I took this to my critique group meeting earlier this week, and everyone sighed happily as they wandered through the book.

I have often wondered what we tell kids who are in horrible situations: refugees, people displaced by natural disasters, kids in abusive homes... So many times, we can offer limited practical, immediate help. And though the practical problems need to be solved, too, I would wish to place this book in the hand of every child in a dire situation. Because sometimes all they have is this moment. This breath. One of my favorite poems describes the narrator's thoughts as leaves floating away—one leaf being worry, another sadness.

But this isn't bibliotherapy. It's wonderful poetry! Here's another one of my favorites:

Some days I bark and snap
like a little dog. Instead
I will be a tree.
Leaves, branches, roots—patient
in summer, in fall, winter, spring.

—Kate Coombs, all rights reserved, from *Breathe and Be*

Sam says

Lovely, calming and inviting artwork accompanies short, accessible verses to share and discuss mindfulness with children - at home or in the classroom. Some may be a great introduction to how to have a scientific mind which questions and avoids mental sets (obviously in accessible language haha). Some are about embracing yourself. Honestly, the variety in here addresses many possible experiences and would be a versatile addition to morning meetings in the primary grades to discuss social-emotional classroom happenings.

Tanya says

I liked the mindfulness poems a lot—appropriately targeted for a younger age, but beneficial for adults too. I can think of a lot of people in my circle who might benefit from reading this one. I loved the colors and the fullness of the illustrations. Even without reading the poem in a page, I would spend a long one taking in all of the details of the paintings—gorgeous!

Samples:

“How I rush rush rush!
Thoughts flutter and dart like birds.
Slow down, thoughts.
Come quietly with me.
There is time to breathe and be.”

This book captures the restlessness we can all encounter when sitting down to meditate and shows that it is good to notice the preset to and then let those thoughts go and return to the focus on the breath. I would definitely introduce this to young children learning to meditate and I will nudge some of my adult friends to check this out, if only to temporarily slow down and appreciate the beauty of the natural world around us.

Dawn says

Beautiful illustrations!

Jessica Call says

****GOODREADS FIRST READS WINNER ****

What a great way to teach kids mindfulness! The pictures are beautiful and the little poems are lovely and are a fun way for kids to learn how to calm their minds. I think it's also great for adults. I have severe panic and anxiety disorder as well as agoraphobia I'm forever trying to keep myself calm and relaxed and I give this author a high five for creating something for the kids. People often forget kids get anxiety too. The pictures help visualize the words and give kids something to start with to see in their minds eye. I thought it was beautifully written and the illustrations were beautifully done. After I read it I passed it on to a therapist who works with special needs children who have mental health issues. She loved it and couldn't wait to read it to her "kids". I myself have a autistic son and I read it to him as well. Then he read it and he loved the pictures. By having passed it on I hope that it will help the kids she works with. I know having read it myself I felt instantly relaxed. It was wonderful. Thanks for putting this out in the world!

Heidi-Marie says

I am a fan of mindfulness, so I personally liked the subject of these and the symbolism of them. Some really

good ones. Found myself wanting to share with SD, hoping she would be able to grasp them. At 6, I'm not sure. SS at 3 understands the concept for sure, but I don't think he has enough language to connect with these yet. Still, a nice one to share with children.
