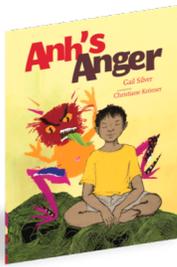


Teaching Mindfulness Through Story

Helping Children Navigate Strong Emotions

Mindfulness Adventures for Ages 3-10

With Award winning author and mindfulness teacher, Gail Silver



Anh's Anger
Teaches Sitting Meditation



Peace, Bugs & Understanding
Teaches Metta Meditation



Steps and Stones
Teaches Walking meditation

“A Winning Series”
Publishers Weekly

“A solid addition for collections in need of picture books on Anger, sibling rivalry
and self control”

School Library Journal

Gail Silver, E-RYT, RCYT, JD and founder of Yoga Child, Inc., facilitates classroom readings and school-wide assemblies based upon the mindfulness practices of *Anh's Anger*, *Steps and Stones* and *Peace, Bugs and Understanding*. Students and teachers will enjoy interactive time with Gail and will walk away with an understanding of how to implement these practices in their daily lives.

Rates

One hour Assembly for K-5 or K-8 schools. Working from *Steps and Stones*, and an engaging and interactive Power Point presentation, students are introduced to mindfulness meditation and its benefits before exploring the story and learning specific strategies for “taking care of our stronger emotions.” A hand out for follow up exercises is provided for classroom use.

\$1000

One hour Assembly combined with Classroom Visits

Gail is available to circulate and meet students individually post assembly. She can travel from classroom to classroom, answer unanswered questions, and lead each class through a brief mindfulness meditation. This provides a nice way for each student to feel as though they were able to meet the author, and to experience more intimately, the teachings from the story. The meditation she will lead them through will serve to enhance their ability to focus, leaving them pleasantly prepared to resume their schoolwork. This is offered as an add-on with assembly for a combined full-day rate.

\$1500

Classroom Readings: These are available for all three books. Gail spends fifty minutes to one hour with a class or grade. This includes a reading, and an engaging and interactive discussion about our stronger emotions, and how we can utilize mindfulness to help us navigate. If you’d like classroom readings for your whole school, please see “Author Residency,” below.

\$300 per reading

Author Residency: This is an ideal choice for those schools near to Philadelphia that would like Gail to work individually with every classroom. Gail will be your author-in-residence for one day a week for two hours per day until she has met with every class. During classroom visits or library time, Gail will engage students with an eye opening introduction to the benefits and practices of mindfulness and meditation, and explore how these practices help us navigate our more difficult emotions and life experiences. Gail will read from different books for each age group and shows us some inspiring ways to practice.

Rates Begin at \$2500

Book Purchases:

Schools can defray the cost of hosting Gail for an author visit, by ordering discounted copies of her books from Penguin Random House and making them available to the students for purchase.

Book Signing

Gail is always honored to sign a classroom or library copy of a book. Time for this is included and complimentary with all of the above rates.

Signing student copies as part of a larger book sale: If books will be sold to students by the school, Gail is happy to schedule time to stay post reading or post assembly, and sign those copies. Because this can often take a long time, the rate for this is billed hourly at \$30/hr.

All of the above rates are exclusive of travel expenses. Travel expenses are waived for schools in the Philadelphia area.