

Conscious Kid - Adventures with Zane: Imagine & Create

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DEDICATION

I dedicate this book to my sons, daughters and children of the world. May you shine your brightest.

Dear Reader,

Mindfulness is part of (SEL) social/emotional learning and an important coping skill. Join Zane on his metaphysical adventure as he learns meditation to calm his busy mind and emotions when feeling upset, studying for a test, playing sports, and trying to sleep. Regular meditation will give you, “emotional intelligence” which is the ability to tune into and listen to your feelings. Zane does deep breathing to relax his body and uses his imagination to concentrate in a calm, positive manner towards his goals. Meditation helps Zane gain mental clarity, self awareness, confidence, emotional calmness, spiritual connectedness, and physical relaxation.

Recharge with Zane, the conscious kid.


Melanie J. Shaw (AMFT)

*Mom, what are you
doing?*




I'm meditating.





*What's meditating?
Are you sleeping?*



*I'm awake. I'm
quieting my mind to
recharge.*

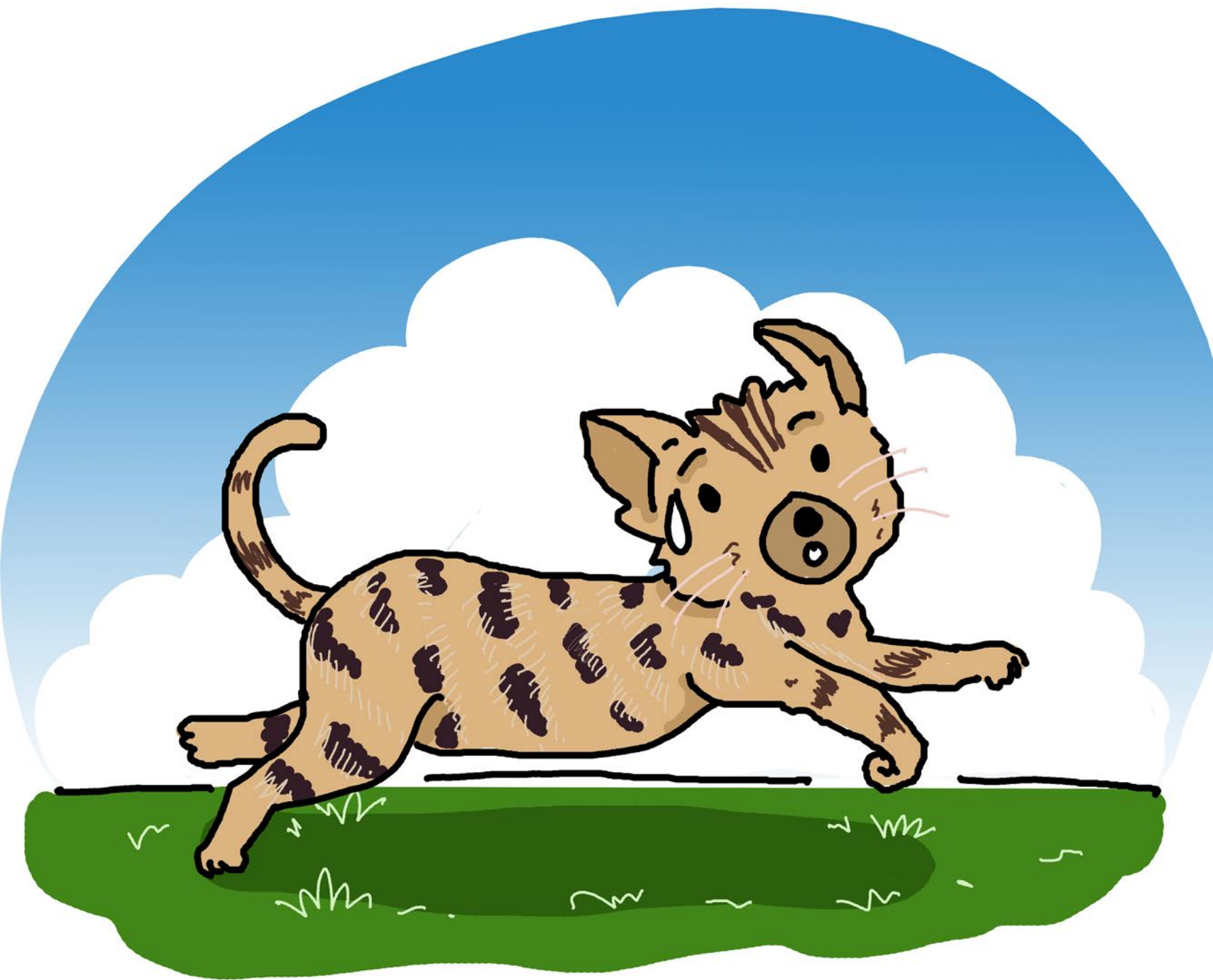


*Zane was playing
with a toy car at
his TK
classroom and
it broke! Oh nooo!*



Zane meditated and felt better.

t's only a toy after all. Accidents happen.



*Zane showed his cat Houdini how
to meditate.*

*Buuuut Houdini ran away! Cats
do NOT like to meditate.*

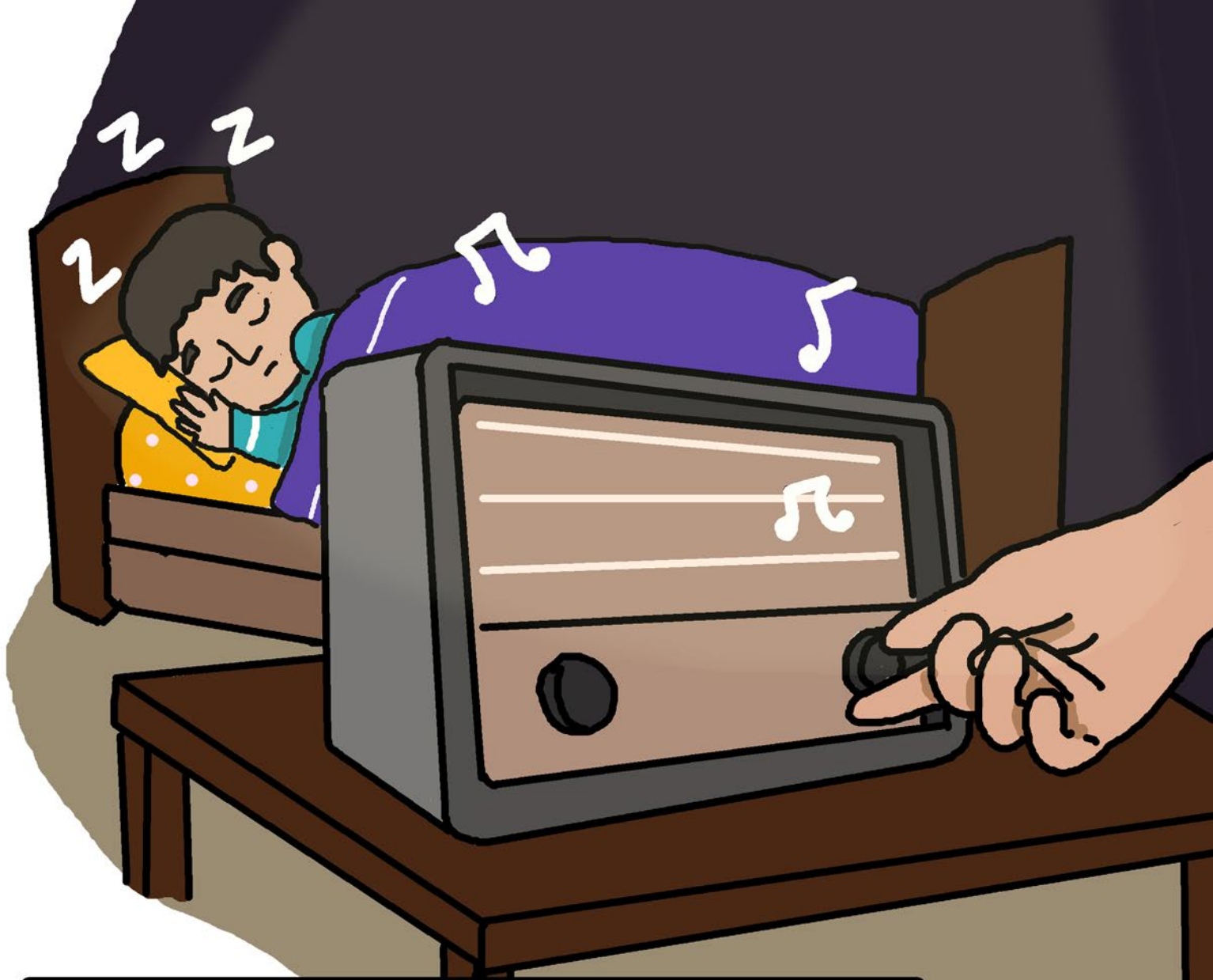
Zane showed his baby sister Olivia how to meditate.

Buuuut Olivia drank her bottle and fell asleep! Babies are NOT interested in meditating.





Zane was thinking about starting 4th grade. He counted sheep, and still could not sleep!



His mom turned on a meditation and he was fast asleep!

*Zane took a geography
test on flags at middle
school.*

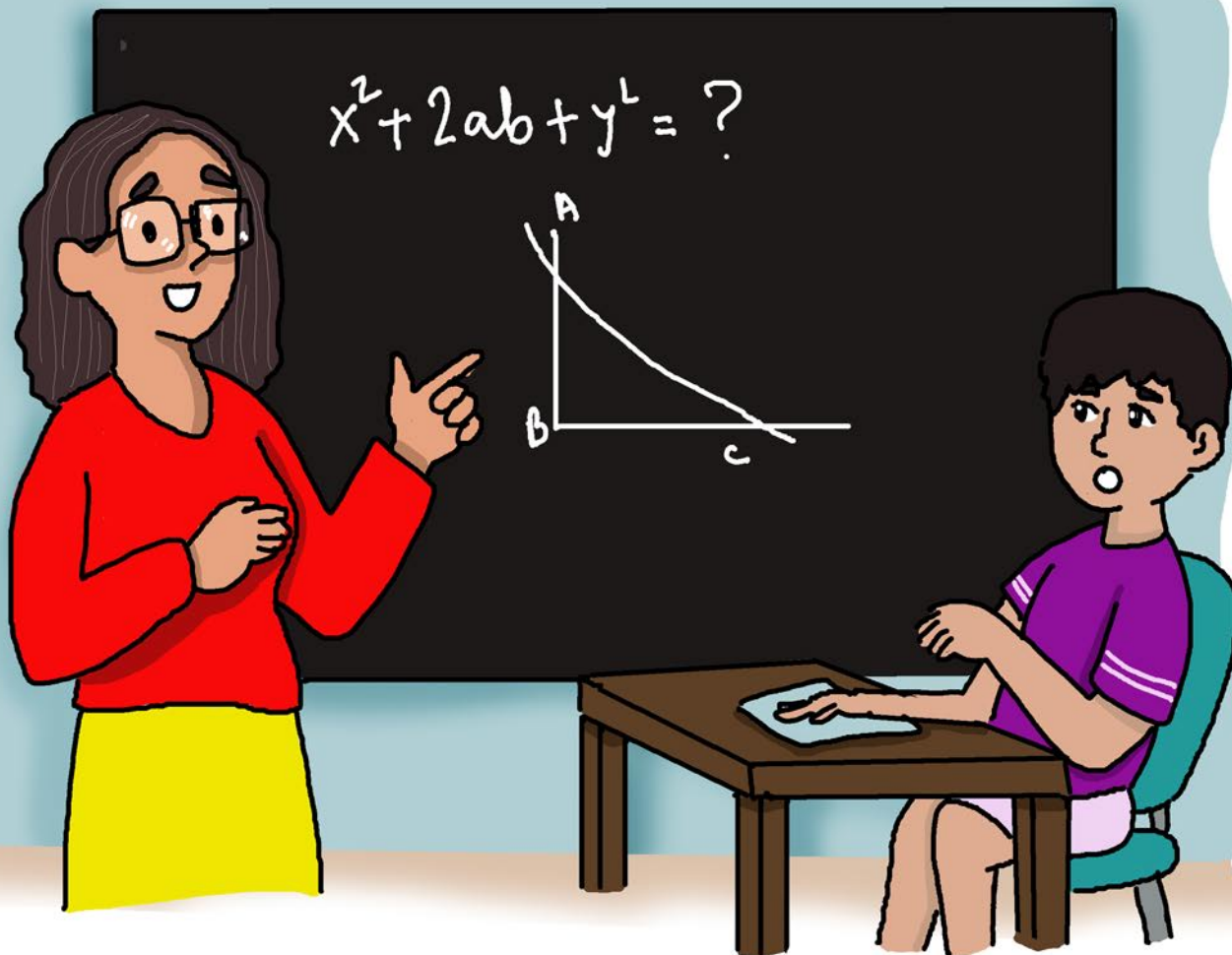




TODAY'S
TOPIC

Zane forgot to meditate and missed 3 countries! Ooops!

1
3



The next day Zane went to school. His teacher gave him a pop quiz!



Zane meditated at his desk. He took the math quiz and scored 100 percent! Wow!



Zane showed his friends how to meditate during gym class at highschool.



Some of his friends ran away. Buuuut a couple stayed and enjoyed it!



The next day Zane played a football game.

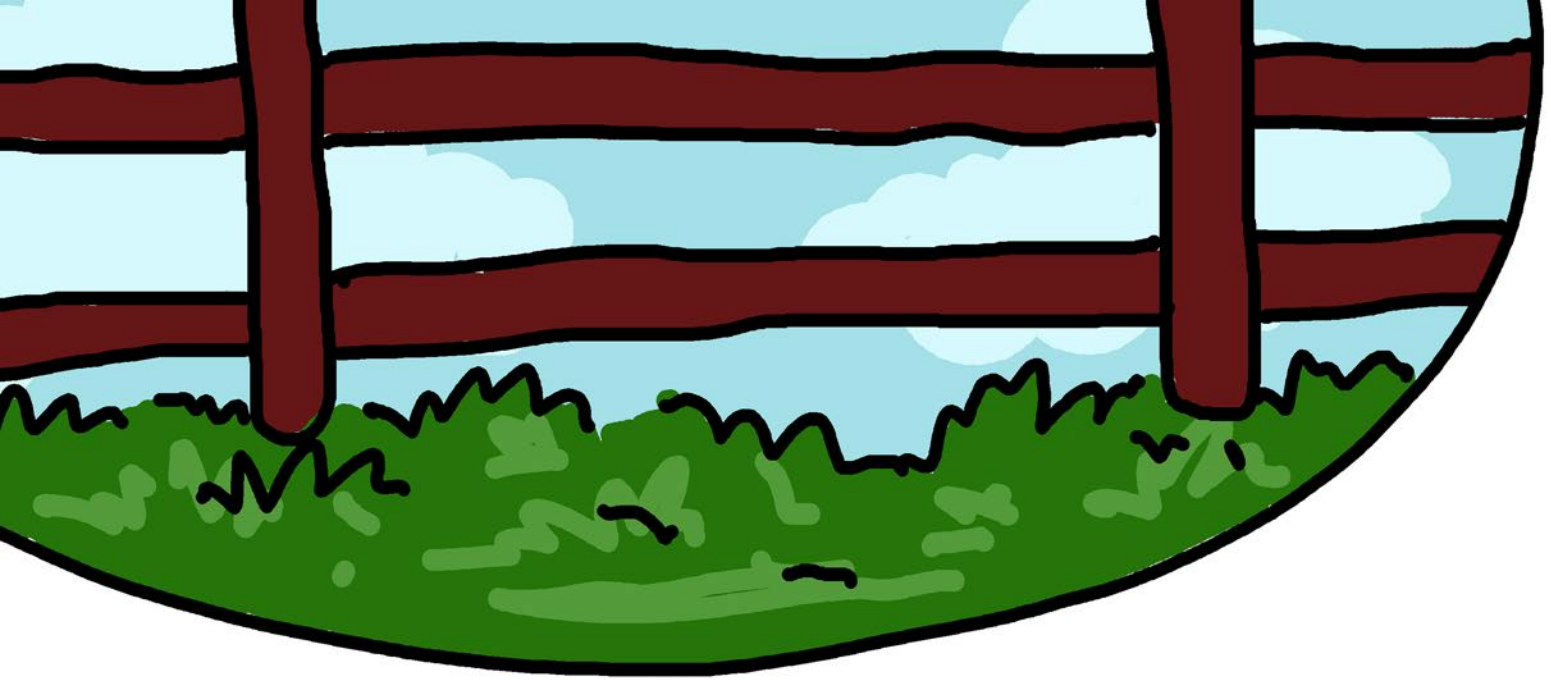
*Zane meditated while he put
his jersey on. He scored
a touchdown! Hooray!*



*Now sit in a comfortable
position and close your eyes .*








Take three deep breaths.

*Imagine your favorite place in nature
for a few minutes.*



A stylized illustration of a landscape. In the foreground, there is a path made of grey and brown stripes leading towards a hill. The hill is brown with diagonal stripes. A large tree with a dark brown trunk and a canopy of olive green leaves with white veins stands on the right. The sky is blue with white clouds. A white rectangular box with a black border is centered in the middle of the image, containing text.

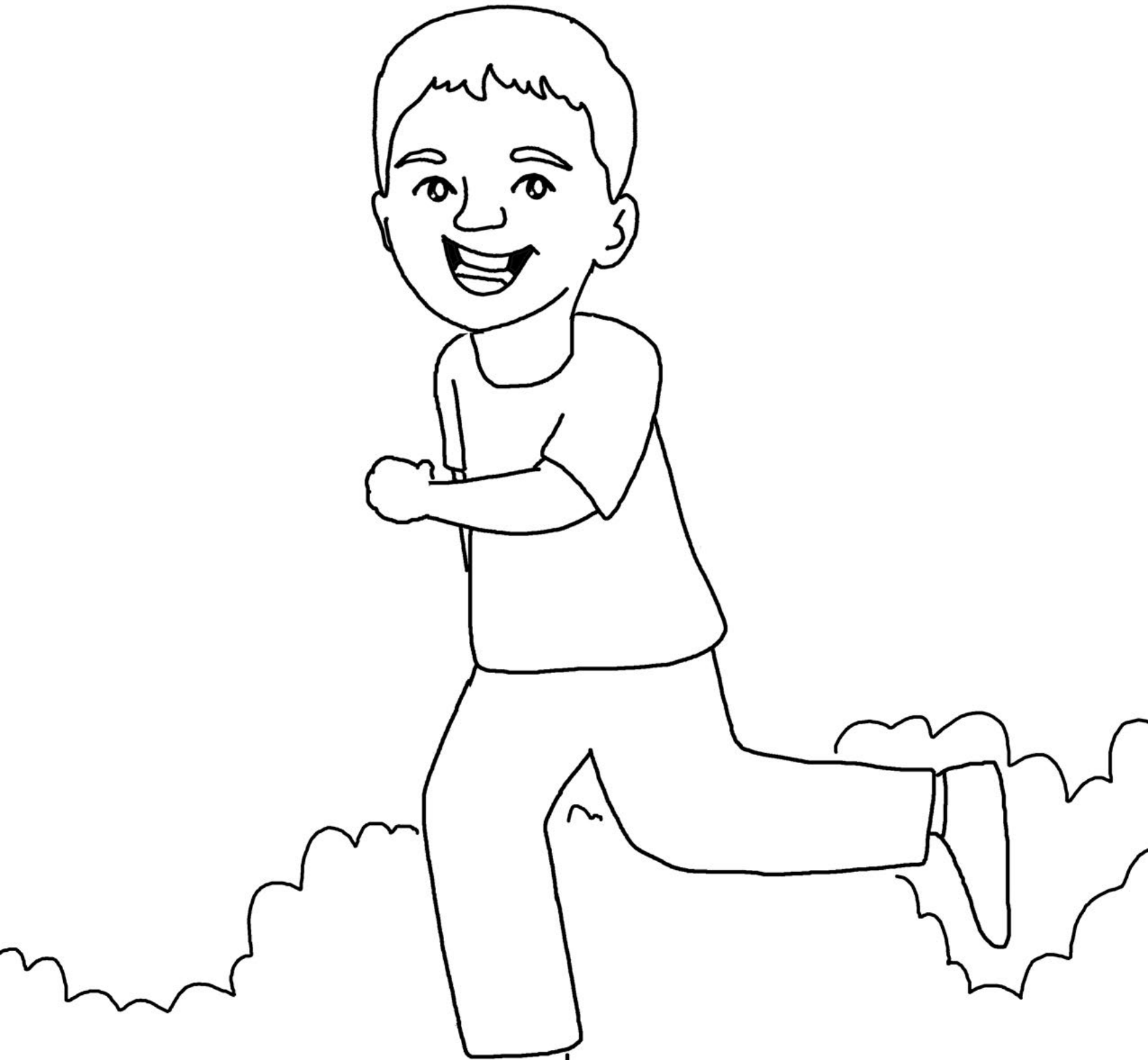
*The next time you are working towards a goal,
meditate and imagine yourself succeeding!*

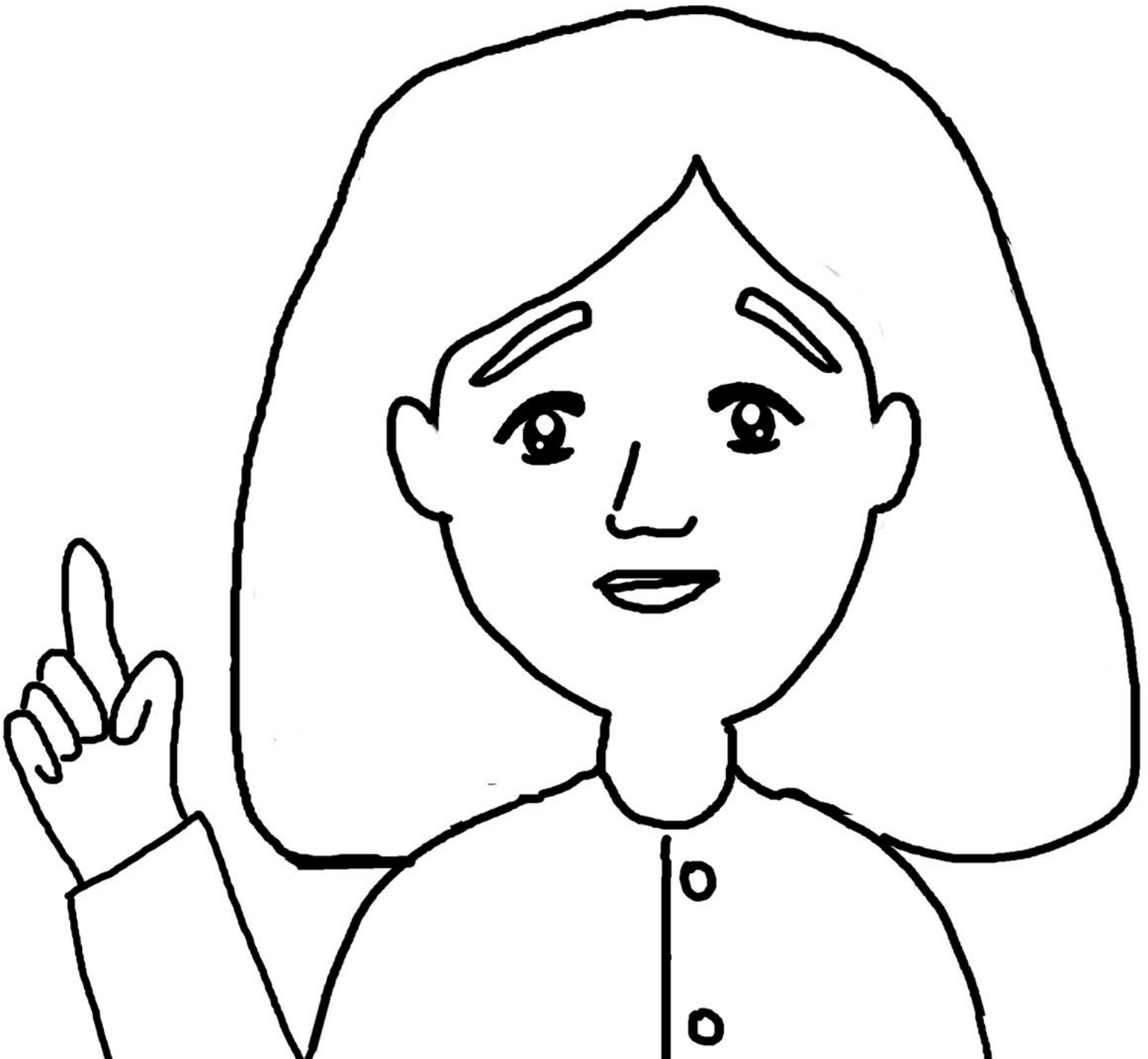


*Do this everyday to recharge. Enjoy
meditating!*

THE END









Laura Leone, M.B.A., M.A. is the founder of Starseed Metaphysical Shop LLC. Starseed Metaphysical Shop provides: book publishing, vegan cosmetics and jewelry. She is a mom and stepmom. She is an Air Force veteran and has been in public service for over 20 years as a certified fraud examiner. She is passionate about bringing metaphysical awareness to our youth by creating whimsical storylines. She is a daughter of a Mexican immigrant and lives in Lincoln, Ca. with her husband and 5 year old son.



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Melanie J. Shaw has a master's degree in counseling psychology and is an associate marriage family therapist (AMFT). She is a special needs paraeducator and former elementary school mental health counselor. She facilitated (SEL) social/emotional learning groups with cognitive, play, art, drama, and mindfulness therapies. She lives in Garden Grove, Ca. with her cats and dog.