



## 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books)

By Allison Bartl

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The games in this book help teachers, parents, and others who work with children maintain or restore order, refocus children's attention, and break up the classroom routine. Most of the games are quite short and can be used between academic activities as a treat or quick break. Many are noncompetitive, most don't require props, and none require special skills or training. All can be played with the whole class; there are partner games, small group games, and outdoor games. Clear, complete instructions are included for each activity, and icons denote appropriate age levels, time, and group size. Author Allison Bartl has tested all of the games herself and recommends that the teacher or parent fully participate in each game, both to relax and to provide a model of good social behavior. Tips and thoughtful quotations from Goethe, Rudolf Steiner, Seneca, Lao Tse, Mother Theresa, and others are also included.

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### **Editorial Review**

#### Review

"Our children spend so much time entertaining themselves these days, that it can be difficult to get them to interact in a positive way with others. Even many classrooms have a difficult time creating opportunities for positive interaction. Electronic games and computers have taken their toll.

This book has 101 fun ways to play and have fun, while relaxing and shedding the tensions that even our little ones find building during the day. There are sit down games, and active games. One suggestion is even for a tea party with Chamomile tea!

Scouting expeditions, massage circles, campfire games (around a candle) and mental gymnastics are all included. I work in a school for special needs children and there are many games that our students will be able to play and enjoy. Of course this is not a book meant to be handed off to a child with instructions to "go and play." This is a book to give adults new ideas of how to interact with children and find new ways to enjoy some down time.

One of my favorite parts of this book are the little bits of wisdom tucked here and there among the games, Such as "Imagination is more important than knowledge" Albert Einstein .

This is one of those books that moms, caregivers and teachers will find to be an invaluable resource for those times when everyone needs a break." -**Kathleen McStay Wagner, LibraryThing.com Early Reviewer**

"I love this book. I am a home daycare mom and this book has lots of fun ideas to use with the kids. African Back Drums (pg 36) is a favorite for the kids to do with a friend and it feels great and relieves the day's tension when the kids use my back as the drum! There are 100 different ideas to do with the kids and they are lots of fun. I like how easy it is to use...it is a Smart Fun book and the third one I have read. These books are so easy to use, you can look-up a game or activity at a glance...when I have six active kids under the age of 6 looking to me for the next activity I need all the help I can get...this book will be dog-eared and used a lot in my daycare." – **Reta Stutz, Dragonfly Book Club**

### **Users Review**

#### **From reader reviews:**

#### **Peter Robey:**

This 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books) book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this e-book incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books) without we comprehend teach the one who looking at it become critical in imagining and analyzing. Don't always be worry 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books) can bring whenever you are and not

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**Donna Cauley:**

The book untitled 101 Relaxation Games for Children: Finding a Little Peace and Quiet In Between (SmartFun Activity Books) contain a lot of information on the idea. The writer explains your ex idea with easy approach. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read the item. The book was authored by famous author. The author provides you in the new age of literary works. It is easy to read this book because you can continue reading your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site and order it. Have a nice examine.

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