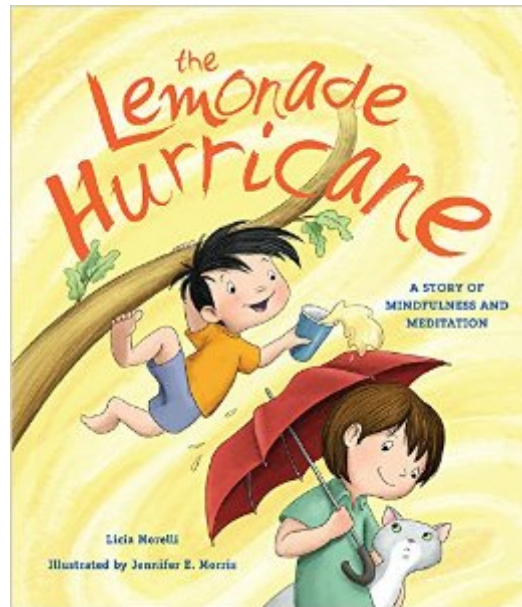


The book was found

# The Lemonade Hurricane: A Story Of Mindfulness And Meditation



## Synopsis

\* 2016 Maine Literary Award Winner - Best Children's Book \*\* Selected as Notable Social Studies Trade Book For Young People 2016, a cooperative Project of the National Council for the Social Studies (NCSS) and the Children's Book Council\*\* Gelett Burgess Honor Book \* Emma doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him The Lemonade Hurricane. Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry. A perfect introduction to meditation for young readers, presented in a captivating story. The illustrations bring the story to life with delightful whimsy. Includes a back-of-book presentation of simple mindfulness techniques that can be shared at home and in the classroom. In *Planting Seeds*, Thich Nhat Hanh, a Vietnamese Buddhist monk, teaches that by sitting still and meditating, the mind can become clear. Like Hanh's apple juice story, when a glass of lemonade is stirred, the pulp swirls around. When it sits quietly, the pulp settles and the liquid becomes clear. In this way, a glass of lemonade is a metaphor for how meditation and mindfulness work. That is why this book is called *The Lemonade Hurricane*. Practicing mindfulness and meditation helps us tame the hurricane within.

color throughout

## Book Information

Hardcover: 32 pages

Publisher: Tilbury House Publishers; 1 edition (September 1, 2015)

Language: English

ISBN-10: 0884483967

ISBN-13: 978-0884483960

Product Dimensions: 9.5 x 0.5 x 10.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #22,558 in Books (See Top 100 in Books) #7 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Stepfamilies](#) #192 in [Books > Children's Books > Growing Up & Facts of Life > Health](#) #197 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Siblings](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

We've had this book for two days now and we've already read it about 6 times with my almost 3 and 5 year old. I've worked on taking deep breaths with them and tried to introduce the ideas of mindfulness, but there's something about seeing it in a book with a fun title and great illustrations that makes the concepts so much more legitimate to this age group. It's simple and fun but also the kind of book you can read over and over again because the illustrations have lots of details that are fun for the kids to look more carefully at. I'd say the book is great for any age and a good one to keep around the house. I'm glad we own it and don't have to return it to the library. Also, it has a nice little guide in the back that give more information about mindfulness.

My boys LOVE this book! I have a couple of "Lemonade Hurricanes" of my own in my house- I was shocked at how much they love this simple and lovely gem of a book. Without any prompting from me, as soon as we finished they wanted to practice their breathing- even the 2 year old! I'll be buying this as a gift for every parent I know!

My kids adore this book. They relate to both Emma's need for quiet and calmness and Henry's inclination for the wild and wacky. We haven't begun using it in an instructional way yet because we're still too busy enjoying it as a bedtime story!

This book is lovely and a great introduction to the idea of "being" still and breathing for kiddos. I'm so glad I pre-ordered and got a special pre launch edition. The vote is in, children love it! Holden, 3 1/2 and self proclaimed Lemonade Hurricane in the flesh, wants me to read it to him endlessly.

Both of my kids have enjoyed reading this story. My daughter is 3.5 and tends to be a bit of a "Lemonade Hurricane" herself at times. Thanks to this book I can help her see that she's gotten wound up and help her take a moment to breathe and slow down. It's hard to still be stressed out after reading the story aloud!

This is a wonderful book and I absolutely can't wait to share this with my students! As an elementary school counselor, I am always looking for resources that will be beneficial to my students as well as my staff and families. The Lemonade Hurricane is great on so many levels ... from one's personal journey to find calmness and clarity to becoming empathic to the needs of others ... This is an awesome resource for introducing the concept of mindfulness to young readers and the adults in

their lives.

We LOVE this book. From the story to the ending tips on mindfulness & meditation to the illustrations. It's an amazing piece of work that we read night and night again in our home. We even apply the tips daily and have gotten our kitty to practice meditation as well by laying on his back and watching his own stuffed animal go up and down. :) A wonderful read and wonderful addition to our library.

My 20 month old is OBSESSED with this book. She requests that I read it to her over and over again, has begun putting herself into position to meditate just like the protagonist, and now uses my meditation bowl as she saw a character in the book doing. The author and illustrator have done a magnificent job of creating an engaging story that artfully teaches the principles of meditation and consciousness, and it appeals as much to toddlers as it sounds like it appears to pre-school and elementary school aged children. When is the sequel coming?!

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The Lemonade Hurricane: A Story of Mindfulness and Meditation Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Make Lemonade (Make Lemonade, Book 1) The Lemonade War (The Lemonade War Series) The Lemonade War (The Lemonade War Series Book 1) Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart The Miracle of Mindfulness: An Introduction to the Practice of Meditation Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life Beyond Mindfulness in Plain English: An Introductory Guide to Deeper States of Meditation Mindfulness Meditation for Pain Relief Guided Mindfulness Meditation Series 3 Guided Mindfulness Meditation Series 2 The Calming Collection-The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD

