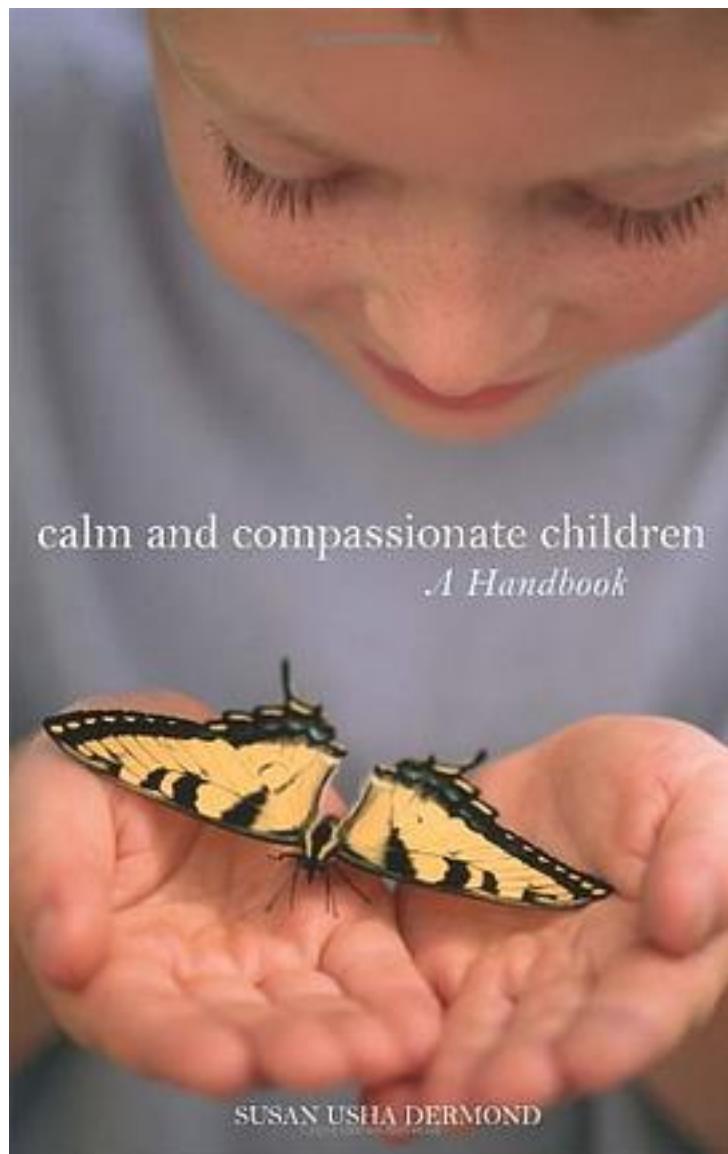


Calm and Compassionate Children



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Building on such inherent qualities as openheartedness and trust, parents and teachers can help children develop empathy and integrity as they grow and mature. From nature activities to conscious quiet time to tips on daily routines, CALM AND COMPASSIONATE CHILDREN provides practical guidance to help grown-ups model behavior and suggests dozens of activities to foster children's joy, wonder, kindness, and love.

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