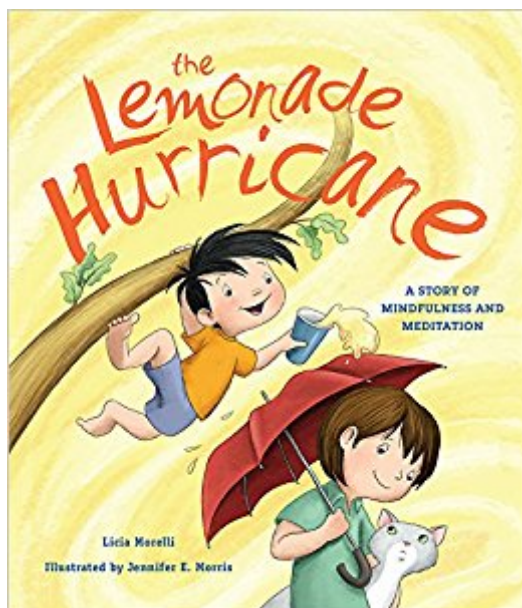


The book was found

# 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. Fountas & Pinnell Level L 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 10.4 inches

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

Average Customer Review: 4.8 out of 5 stars 44 customer reviews

Best Sellers Rank: #40,675 in Books (See Top 100 in Books) #11 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Stepfamilies](#) #263 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Siblings](#) #289 in [Books > Children's Books > Growing Up & Facts of Life > Health](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

“A child-friendly introduction to the practice of meditation and the benefits of mindfulness.” - Kirkus  
“Every now and again a children’s book comes along that efficiently sheds light on the practices of meditation and mindfulness in a way that makes it all more accessible, both for kids and adults. Lemonade Hurricane is the nickname of one of the two siblings whom we’ll meet in this lovely book; one meditates, one will learn the value of meditation during the story. Super sweet, this short, understandable look at how we can all approach our sittings with clarity and simplicity is a perfect gift for kids everywhere. And any kids book that inspires me to sit myself down upon reading is priceless...” - Elena Brower, Teach.yoga  
“Lemonade Hurricane is so sweet and well done. Perfect for any parents who want to give their kids a lifelong habit of strength, peace and compassion.” - Marie Forleo, founder of MarieTV and MarieForleo.com  
“Licia Morelli may just be the Mary Poppins of meditation! The Lemonade Hurricane is an insightful, funny and grounding story that will guide children to finding their center and peace of mind.” - Dougall Fraser, Author of But You Knew That Already  
“Fun and educational, The Lemonade Hurricane is the perfect introduction to mindfulness.” - Lori Deschene, Founder, TinyBuddha.com  
“Licia Morelli has crafted a joyous offering introducing playful mindfulness meditation strategies for active kids. All parents should read this book to their children and show them how to do it!” - Colette Baron-Reid, bestselling author of The Map: Finding the Magic and Meaning in the Story of Your Life  
“It’s a useful reminder of the patience involved in being a good sibling.” - Publishers Weekly

Notable Features [[ 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.

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.

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.

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.

This book is a great introduction to mindfulness and meditation for kids and their parents. In the midst of days packed with school, homework, after-school activities, teaching our kids how to settle their minds and their bodies can feel like one more thing to do. The Lemonade Hurricane has reminded me of how simple it can be: Sit. Bow. Breathe. The characters in the book--Emma and her younger brother, Henry--are extremely relatable, realistic, and lovable. The simple, sweet text gives the reader plenty of space to think about the way that we act and move through life. You can almost feel your mind settling as you read it. And the instructions in the back of the book about how to begin to meditate are helpful and accessible to kids. Upon reading this the first time, my daughter (7) and son (5) instantly got onto the floor to sit, bow, and breathe. Silence, precious sweet silence, ensued.

I meditate and have had a hard time teaching my three kids the importance of it. Kids always understand things better when in the context of a story and they understand them even better when the story is told by someone other than their parents. When the book came, my oldest (10 years old), ripped the book out of my hands, ran to her favorite chair and read the book to herself and then sat down and read it to her siblings. They LOVED it! The story is so simple, yet so easy to understand that they really were able to internalize the true meaning. They now understand how mindfulness will help calm them and make them happier in general. My kids now will come in the room when I am meditating and sit with me. They will also ask for me to put on a guided meditation for them to listen too. I can't believe it! Get this book today!!!

As a former college Professor of Education and currently a Literacy Consultant I find this book to be

both calming and colorful. The story has a message that is both subtle yet effective with illustrations that are colorful and engaging. The children I have worked with love it and as other reviewers have said are anxious to try meditation. I recommend it for teachers; it is another tool in the "toolbox" for helping children to reflect on their behavior. It also gives a child and the teacher a language to discuss times that are for activity and times to reflect. Dr. Eileen Morelli

I have such a soft spot and deep appreciation for children's books - my mom made sure I had all the classics growing up, and to this day, she still buys me ones that remind her of me with a personalized note inside (I'm 27!). So when I crossed paths with *The Lemonade Hurricane: A Story of Mindfulness and Meditation*, I knew I'd stumbled across something that was a) really special and b) would be the perfect gift for the kiddos in MY life! Between the beautiful illustrations, charming story, and easy-to-follow lesson at the back of the book, *The Lemonade Hurricane* is a fun and inviting way for kids to learn how to practice mindfulness and meditation (a.k.a. "how to tame the hurricane within"). A highly recommended book to teach a practical life lesson in a completely relatable way to young boys & girls alike!

I introduced this book to my three year old son today and he could not get enough of it. As a mother and a child psychologist I give this book 5 stars!

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