



Let the Rain Fall Down: Qi Gong Song and Book for Children

Donna Henderson

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Qi Gong comes alive for children ages 2 to 9 through this original song and book with accompanying video. Basic moves are combined with catchy lyrics for easy learning in Let the Rain Fall Down. Children as young as two years old and even adults love this song. A moving meditation, Qi Gong emphasizes deep breathing with coordinated, repetitive motions. The exercises are reflective of nature, like a tree rooted and reaching for the sun, a bird flying high in the sky and a warm, gentle rain. Standing with enough room to spread their arms, children benefit physically, emotionally and mentally with this powerful tool. A state of relaxed focus often takes only a few minutes to achieve. The results are enhanced when practiced outside in Nature. Colorful illustrations in this 32-page picture book demonstrate the simple movements and you can follow along with a 3-minute video at www.books.donnahenderson.net. Perfect for groups or individuals, Let the Rain Fall Down sets the tone for the day, creates an effective break anytime and may help soothe and calm before bedtime. Teachers and group leaders may use this short exercise to help create cooperative engagement among the children. Qi Gong, an ancient Chinese art form, has been used for thousands of years to promote well-being. Qi (pronounced chee) means energy, “gong” refers to practice. So Qi Gong is a practice used to build up life energy. It promotes calm vitality, which can be helpful at any age.

Let the Rain Fall Down: Qi Gong Song and Book for Children Details

Date : Published February 5th 2015 by CreateSpace Independent Publishing Platform

ISBN : 9781505455236

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Format : Paperback 32 pages

Genre : Childrens, Spirituality



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From Reader Review Let the Rain Fall Down: Qi Gong Song and Book for Children for online ebook

Ginni says

(Received for free through a Goodreads giveaway.)

I love the concept of this book! My kids love books and have lots of energy, so a book that helps them control and focus their energy/movement is pretty great. The book is actually a song, with the melody line written out at the beginning; I'll probably sit down at a piano and pick it out sometime, but for now, I've just been reading it to them. It works fine without the music.

I do wish the execution were a little better--the illustrations, specifically, don't show a lot of imagination. (The simplicity is fine, but they seem to be standard symbol-shapes rather than actual illustrations, and the hyper-digital style seems at odds with the text.) I would love to see more from this author partnering with a different artist. (The little disclaimer about consulting your healthcare professional also seemed over the top to me. I don't think anyone's going to sue you because their kids flapped their arms like a bird.)

Nice work.

Maria says

The kids quite enjoyed this book! Its a fun book they like to read over and over!

Jessica says

My kids loved this book and now we take time everyday and go through it again. Perfect, fun book for kids.
