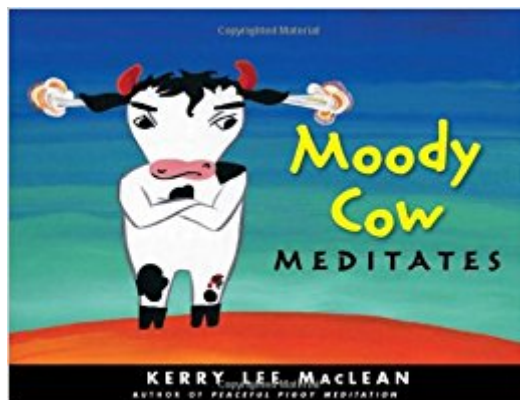


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# Moody Cow Meditates



## Synopsis

It all started one stupid, rotten day when everything went wrong... Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise. This vibrant and funny children's book is a playful way to introduce children to the power of meditation. With full color illustrations by the author, *Moody Cow Meditates* is a wonderful book for parents and children to share together.

## Book Information

Hardcover: 32 pages

Publisher: Wisdom Publications; 1 edition (September 1, 2009)

Language: English

ISBN-10: 086171573X

ISBN-13: 978-0861715732

Product Dimensions: 10 x 0.3 x 8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 132 customer reviews

Best Sellers Rank: #11,738 in Books (See Top 100 in Books) #5 in [Books > Children's Books](#)

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Age Range: 4 - 8 years

Grade Level: Preschool and up

## Customer Reviews

"It's a great way to introduce children to the practice of meditation, while also helping them become aware of their feelings." (Tynette Deveau, "Good Reads for Little Buddhas," Shambhala Sun)"Salty, satisfying, and clever book." (Spirituality & Practice)"An amazing, yet simplistically beautiful story that teaches children (and caregivers) how to meditate." (Circles of Light)"This book is a true gem to those of us with children and that struggle with trying to teach them meditation." (Precious Metal)

Kerry Lee MacLean is the author and illustrator of several award-winning and best-selling picture

books, including *Moody Cow Meditates* and *Peaceful Piggy Meditation*. Her latest book is *Moody Cow Learns Compassion*, and her next will be an activity book for parents and children of all ages, *The Family Meditation Workbook*. Kerry has been leading family meditative arts workshops in North America, Australia and Europe for 15 years. She is the mother of five young adults who still employ meditation as an important tool in their busy lives.

We first heard this book at a Mindful Kids camp when my daughter was around 5. As many children do, she often times had trouble controlling her emotions. Sometimes, you just have a terrible, horrible, no good, very bad day and you can't shake the funk. This book demonstrates the worst day of Moody Cow's life, and his Grandfather helps to teach him what he can do to put his mind in a better place. I really enjoyed the relationship between Moody Cow and his granddad. My daughter loved making the meditation jar with glitter and water (we added a bit of glycerine so the glitter wouldn't stick together) and I would occasionally catch her in her bedroom using it. We loved this book so much we purchased two and gave one as a gift!

I'm a child therapist and a mom to 4 little kids. I read this book with my 4 and 6 year old children and they really enjoyed it. After we read it, we made the mind jars, which the kids loved. We've even practiced using the mind jars when they get angry and I find that the technique has been helpful. I've also used the book and mind jar activity with about 5 kids at work (all elementary school age) and each of them responded well. It led to some good discussions and they worked hard to think of angry thoughts so they could keep adding more and more glitter to their mind jars. I have nothing negative to say, I consider it successful at home and at work!

I love this book! My son is 2 1/2 and we wanted to teach him about helping with his emotions when things get stressful. It is not at all religious just teaches about calming your thoughts and taking time out. My son will say "let's read Moody Tow (Cow)" and wants to make a meditation jar with glitter. My husband and I learned from it too! We learned about how to validate our child's feelings without validating the wrong actions. This comes from when the cow sits with his grandfather, the grandfather goes through each angry thought or feel from the day, he never patronizes the cow but instead says things like "wow, what a terrible way to wake up."

I use this book in my practice as a child therapist. The book holds the kids' interest for the first third, but it starts to get long and a bit repetitive. I tend to paraphrase with younger children to keep them

engaged. The best part of this book is that it included instructions to create a "mind jar" - a meditation tool. I would recommend it for kids between 6 and 9 or 10.

I loved this book! It teaches a great lesson about letting go of negative feelings, even after a really bad day. It was thoughtful and sweet. It ran a little longer than I imagined it would ( I didn't notice the number of pages) but it kept the attention of a 6-7 year old. Super cute book, I would highly recommend for any parent / child, especially those parents of short fused children or children with a hard time focusing.

I bought this on a whim when my 4-year-old daughter started displaying some angry behavior. She is an empathetic kid who responds well to stories, so she really identified with Peter AKA Moody Cow. It's not too short, so it takes long enough to read that she really does calm down by the time it's finished. It is prominently on display in the "calm corner" in her room. It also has a page with instructions to make your own "Mind Jar" like the one in the story. It is a great story for promoting mindfulness in young kids.

The message is great, her use of the English language is not. I love teaching my sons about meditation, and I like her books, generally. The only thing that really gets me is that she uses improper English "real good" instead of "really good", and words like "stupid". This may not bother many others, and I won't return the book because of the great message she conveys, but I will just change/cover up the English or words that I, personally, am not fond of.

Very helpful with my own children, but originally bought it to donate to my Elementary School where I teach because we have a large population of Emotionally Supported students.

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