



## Be You, Be Still

*Mary Ward Lupinacci*

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## **Be You, Be Still** Mary Ward Lupinacci

This journal is a space to practice knowing yourself through stillness and peace. By learning how to connect your mind, body and spirit, you will have more control over your thoughts and feelings and how you express them. Spending time with your journal each day will help you practice controlling your emotions and making your body feel calm. You get to be creative and check in with your feelings in your own ways and at your own time with your Be You, Be Still Journal. This is a peaceful place, just for YOU! Be Still Kids believes that all children benefit from a daily mindfulness practice. Our mission is to teach kids simple mindfulness techniques to build into their daily routines that will lead to life-long habits for healthy and peaceful living. All of our products are made with love and intention, handcrafted with organic, locally sourced materials and ingredients to the highest extent possible. Be Still Kids was founded by Mary Ward Lupinacci, M.A., an award-winning educator with over 15 years of experience in Special Education, School Counseling, and Mindfulness & Yoga. Recognizing that many kids were not getting their needs met by traditional teaching and counseling, Mary turned to Mindfulness & Yoga as a way to teach kids social/emotional skills. help them recognize and express their own needs, and help build confidence and resilience. All Be Still Kids products are designed and handcrafted by Mary with input and approval from her two sweet (and mindful) daughters.

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