



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.

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