

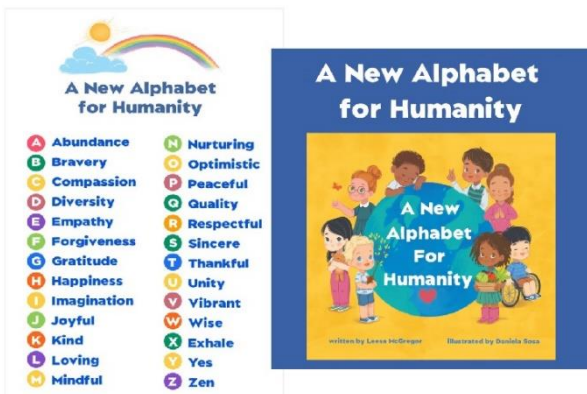


Yule Presence 2020 - The Mindful Gift List
Healing, Belonging, Science, Peace, Joy



Before Happiness by Shawn Achor, was my first pick! Amusing, well written and well researched. Shawn lays out the path to happiness and success in this guide to a better future. Kids will love **How to Make a Shark Smile** and they'll learn about the choice of a positive outlook.

<http://goodthinkinc.com> Click picture to buy at Amazon.com



Start little ones on your list off right. Seriously, this will be a family tradition at my house from now on. \$15 for the book. Ages 1-5, **Alphabet for Humanity**- book, poster, t-shirts and conversation cards. Abundance, Bravery, Compassion, they have to learn the alphabet, why not make it about so much more. Alphabetforhumanity.com

Discounts and free shipping available.



52 Essential Card Decks -Coping Skills, Conversations and Relationships. Yes, these are games for ages 5 and up. Build relationships, learn coping skills, encourage open communication and more. Winner of the Parents' Choice Awards® Featured by Harvard University.

Created by educator, mom Jenny Woo to help build literacy, social awareness, and life skills.

<http://mindbrainemotion.com> Use code **Holiday15**

for a 15% discount on the website.

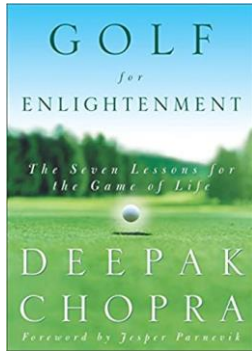


3 months and up? Yes, this is for ALL ages! Kiwico believes that creative confidence helps kids think BIG and act like creators and producers instead of just consumers. Kids with creative confidence don't assume one "right way" to solve a problem. Designed by experts, tested by kids, 1000 hours in development on each project. Would your grampa like to build something cool on the kitchen table? Get one kit or a monthly subscription, many discounts available, ships in 3-4 days.

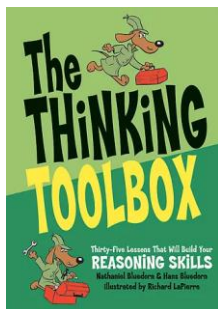
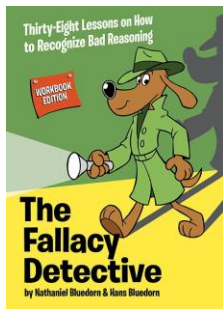
Starting at \$10, most crates are around \$30. Kiwico.com My grandkids loved it.



Meditation Cards by Imagine for kids, teachers, parents and therapists. 26 high quality cards, guided imagery meditations for kids, a mindfulness breathing exercise to practice before any meditation, and 2 DIY cards for kids to create their own meditations. Available on their website or at Buy from Amazon \$25



Golf for Enlightenment by Deepak Chopra. This is a great read, teaching both golf and mindfulness and that helps your golf game and that helps your peace of mind and that helps your golf game ... [Learn more about Deepak](#). Click on the photo to buy from Amazon \$16



The Fallacy Detective for ages 15 and up and The Thinking Toolbox for ages 12 and up. These best-selling texts for teaching critical thinking skills and logic may be the perfect gift for developing a future we all want to live in. By [Hans Bluedorn](#) \$9 to \$20 Click picture to buy on Amazon.



Ultrasonic Aromatherapy Diffuser & 10 Essential Oils by Pure Daily Care - 300ml Diffuser with 4 Timer & 7 Light Settings - \$40. Create a mood, relax or energize. [Get on Amazon](#) for a great price.



Magicteam Sound Machines, great for babies, kids, students and adults. Use it for sleep, meditation or during work. White Noise Machine with 20 Non-Looping Natural Soothing Sounds and Memory Function, \$20, [Available at Amazon](#)



Is there someone on your list that has made the commitment to become their best self? Finding Your Best is an online course created by Michael Gervais and Seahawks coach Pete Carroll, that teaches the science of a high-performance mindset. Build a life of meaning and purpose, while also learning to push the limits of your personal performance, with our scientifically tested principles. **Enter this code for \$100 discount on FYB: TMG_Mindset100**

Shampoo and soap are essential, but they also create huge amounts of plastic waste.



J-R-LIGGETT'S All-Natural Shampoo Bars -Tea Tree & Hemp Oil, Jojoba & Peppermint and Coconut & Argan Oil, Nourish with Antioxidants and Vitamins, Sulfate-Free, Set of Three, 3.5 Ounce Bars \$21, single bar \$7-\$10. You may want to get a soap dish too. It is not as neat as a plastic bottle but it lasts a long time and it's good for mother Earth. [Available on Amazon.](#)

Socks? Yes! Why not opt for a pair that also do some good? [Tentree](#) actually plants ten trees for every order. They use sustainable materials like hemp, tencel, and recycled polyester.



Their goal is to plant a billion trees by 2030. Clothing, accessories and you can buy someone carbon neutrality. Offset a month or a year of your bestie's carbon footprint for about 24 cents a day. 17 trees planted cancels out one human's carbon output for a month. Do the numbers really need to be exact? NO! We need more trees.



[Window Garden](#) Seed Starting Kit- Bring a little spring into wintertime. Enjoy fresh herbs or start tomatoes for spring planting. 3 Mini Greenhouse Trays with Dome, Fiber Soil Pods. Grow Herbs, Flowers and Vegetables. Teach children about nature and science or just create some thyme for yourself.

Make someone feel good and make yourself feel good too. World Wildlife Fund- Adopt an



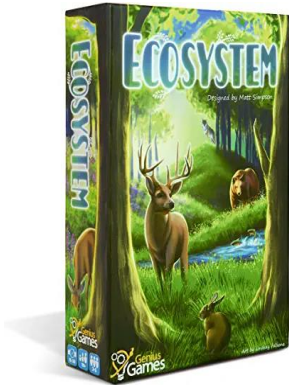
animal gift sets- these are very well done. For \$55 you get a soft plush, 5" x 7" formal adoption certificate, 5" x 7" full-color photo of your species, species spotlight card, personalized letter to your gift recipient and FREE priority shipping. There are a variety of other items available for a \$55 donation including a huge array of well-designed tees.



Help someone get started helping the earth. In an effort to reduce plastic waste, all cleaners, hand soaps, laundry detergents, and dish liquids arrive in tablet or powder form and come to life when mixed with water in their corresponding glass bottles. Almost no waste.

[The Clean Essentials blueland.com](http://TheCleanEssentials.blueland.com), \$39.00

Games! Smart games for kids and families. Games encourage communication, conflict resolution, learning to win gracefully and lose gracefully. Learning that it's not really about winning and losing and just learning in general. Here is a great Amazon page to start your search. Consider a deck of cards or set of dominoes with a book on the rules of games. There are over 100 games to play with a set of dominoes, similar to a deck of cards.



Math and science games are great for all the home schooling that will happen in the spring. These are fun games that sharpen the skills and knowledge they are learning in school. Check out Cytosis and Nerd Words Science by Genius Games. You want to know what your kid is doing, this is a great way to connect, maybe you'll learn something together.

Left-overs, everyone loves left-overs.

Musical instrument- it is a great time to learn an instrument. The ukulele is a good place to start if they don't have their eye on an instrument yet.



[Etsy](#) Many items are handmade and unique. Search mindfulness or calm or positivity.



Whatever you are looking for, they have done a great job of organizing gifts that will fit the bill. Order soon if you want personalized items in time for the holidays.

Thank you for taking a look at the list. Please click on the links to learn more or to purchase items. I wish you and yours a peaceful holiday and a mindful and positive New Year.

Lisa

Lisa Widmark

Mindfulness, Positivity and Performance

The Mental Game

www.tmgSPORTSPSYCH.COM