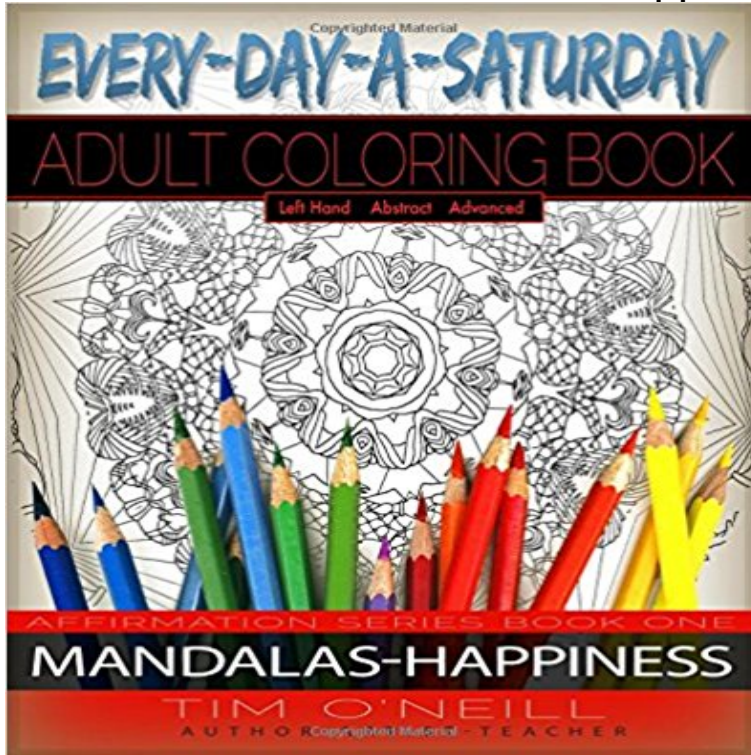


Everyday A Saturday Adult Coloring Book: Affirmation Series Book One: Mandalas/Happiness Left Handed Version (Everyday A Saturday Affirmation Series: Mandalas/Happiness) (Volume 1)



Create, Meditate, Relax with Adult Coloring Books Coloring in a positive, healing environment with self affirmations and mandalas is a proven path to effective meditation and relaxation. Creative Adult Coloring May Help You Manage Stress Challenging work politics, harried schedules scurrying kids to and fro and the new 70 hour work week all combine to create chaos in the lives of today's busy professionals. Coloring Stress Relieving Patterns This Everyday A Saturday adult coloring book is the first in a new positive affirmation series. The focus of this volume is to be mindful of happiness. The coloring book consists of 50 stress relieving patterns with happiness quotes that are set along side the meditative, soothing mandalas. This interactive coloring book features pen and ink mandalas awaiting the colorists hand. You will also find a large number of imaginary creatures and people nestled in the lines of these nicely crafted mandalas. Benefits of Adult Coloring Books While there are a tremendous number of benefits associated with adult coloring books the three listed below are some of my favorite. 1. They can provide a creative, mindful approach to relaxation 2. Coloring is a soothing activity 3. Coloring is calming Need More Information? Different designs and detail make this coloring book suitable for adults or older children and is rated advanced on the difficulty scale. The mandala drawings are abstract and suitable for sharp colored pencils, fine tipped markers or 00-1 brush sizes in the detail areas. It is available in left-handed, right-handed and pocket versions. This is the LEFT-HANDED version. Please scroll to the top of the page and hit the buy button now.

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted it. We found a house to live in and put an offer on the table and after a little negotiation we came to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 day

after the original closing date we finally closed.I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then.Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday.The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor.Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be a part time stay-at-home mom but at the same time I wish I had a full time, paying job.Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered: Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soapFix hair up niceWear dress clothes- dresses, dress pants, dress shirtWear minimal make-upWear minimal perfume or cologneTable Setting-Silverware start on the outside and work your way in and the fork at the top of plate is the desert forkThe drink is off to your leftWaiting for others-Wait for everyone to arrive to your table before seating yourselfWait for everyone to get their food before you begin eatingTable Talk-Speak softly to the people at your tableDo not interruptDo not talk about bodily functions (farts, pooping, etc.)Say "Please", "Thank you.", "You're welcome.", "Pardon me" Some things we took for granted and expected the students to know were:Keep elbows off the tableKeep elbows as close to your sides as possible when eatingKeep hands to your self (which is hard to do for middle school students)Listen to speaker (which is hard to do in the classroom too)Pass dinner rolls and salad dressing all around the tablePosted by Mrs. Stacie Christner at 4:57 PM Reactions: 18 comments: Labels: education, Teacher AdviceMonday, April 9, 2012Roarie Meets her CousinsRoarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personalOlder Posts HomeSubscribe to: Posts (Atom) About MeMrs. Stacie ChristnerI am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find.View my complete profileLabelsAmerican History 1600's (3)Blog Review (20)Development in the Colonies (4)education (14)gifts (3)health (10)Lesson Plan (20)make money (3)movies (3)news (8)personal (323)pets (1)Product Review (3)Review Game (3)Revolutionary War (14)Roarie cuddling with mommy. (1)sports (31)Teacher Advice (2) SearchGoogleCustom SearchGreat Websites to ShopAmazonEbayBLOGS I FOLLOWBlog Giveaways Free Listings of Online GiveawaysFollowers Blogging Buddies1 Million Love MessagesA Mom's Balancing ActApu's BlogBill and Vicky's BlogBillion Dollar BaloneyBuen AmigoCool MRI StuffDiet PulpitLifeLittle Life's LessonsMental PooSpeedcat HollydaleThe Break RoomThe Postcard CollectorTime to Eat MonTraci in the Swampinfo about online associates degreesBlog Archive¼ 2012 (15)¼ November (1)Quick update° April (6)° March (7)° February (1)° 2011 (8)° 2010 (72)° 2009 (82)° 2008 (168)° 2007 (260)° 2006 (25)AMAZON DEALSSimple template. Powered by Blogger.

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Daily Journaling Prompts for Creative Happiness - Week 15 (journal prompt **A Happiness Experiment: Can You Make Every Day Feel Like** See more about Tibet, Tibetan mandala and Gautama buddha. Tibetan Book Of The Dead - Bardo Thodol - Hindu . truth that suffering is the result of wrong action, andhappiness and security are the rewards . Shiri Singha (3rd cce) A vital link in a series of outstanding Vidyadharas. 1:1 Copy of origin Thanka painting! **257 best images about ink inspiration on Pinterest Henna, Amazing #Recolor #recolorart** by @thetoriparty #coloring #coloringbook #coloringapp . #postivevibesonly #positivevibes #happy #happiness #coloring #vegan . Wreck this journal write or draw with your left hand Donna ODonnell . Recolor - Coloring Book For Adults on the App Store .. Mandala, Aprons, Coloring, Tables. **Relaxing Adult Colouring Book Relax And Calm Healing And Stress** Create, Meditate, Relax with Adult Coloring Books Coloring in a positive, healing environment with self affirmations and mandalas is a proven path to effective meditation and This Everyday A Saturday adult coloring book is the first in a new positive affirmation series. The focus of this volume is to be mindful of happiness. **316 best images about books on Pinterest Lone survivor book, In** Catch up with the entire Gilmore Girls cast before the new mini-series Gilmore Girls: A Year in Denmark is often said to be the happiest country in the world. **314 best images about Project: Fount on Pinterest Golden tiger** Jan 9, 2016 A Happiness Experiment: Can You Make Every Day Feel Like Saturday? Why does a Saturday feel different than a Wednesday? A 1-2 sentence summary of how I felt at the end of the day A 1-10 rating for the day To validate my feeling that this one source of stress was hurting me the most, I looked **Pi: The Transcendental Number Flickr - Photo Sharing! Science** Explore Quote Coloring Pages, Colouring Pages, and more! from Coloring Book Zone Never Give Up Graffiti, free printable colouring sheet That is truer than true There is no one alive Who is youer than you. .. Top left in bathroom :) . with patterns full of happiness and kindness, good to color for an adult or a child **463 best images about Buda on Pinterest Tibet, Tibetan mandala** Jan 6, 2016 Were happiest on Saturdays at 7:26pmat least thats what this Experiment: Can You Make Every Day Feel Like Saturday? A 1-2 sentence summary of how I felt at the end of the day A 1-10 To validate my feeling that this one source of stress was hurting me the .. 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