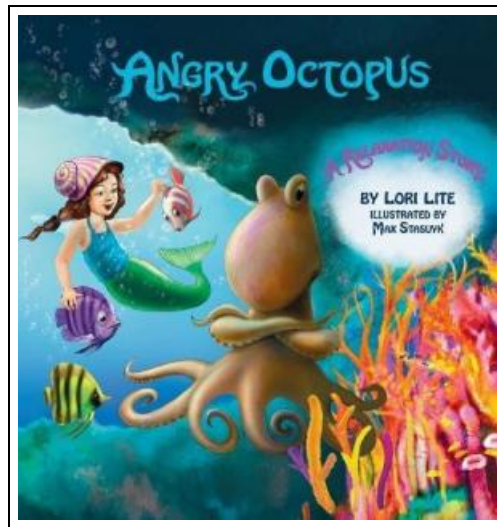


Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing (Hardback)



Filesize: 7.35 MB

Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).

(Abe Reichel DDS)

ANGRY OCTOPUS: AN ANGER MANAGEMENT STORY FOR CHILDREN INTRODUCING ACTIVE PROGRESSIVE MUSCLE RELAXATION AND DEEP BREATHING (HARDBACK)



Stress Free Kids, 2011. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage anger. Angry Octopus Color Me Happy, Color Me Calm is a new coloring book that compliments this story. Children learn to unwind, relax, and control anger with this fun exercise known as progressive muscle relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body. Progressive muscle relaxation can be used to lower stress, decrease pain, and manage anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully. This story is longer making it ideal for older children or those with a longer attention span. Angry Octopus is also featured on the Indigo Ocean Dreams Audio/CD and is available as an interactive APP on the iTunes bookstore. It is also available in several eBook formats. Note to Parent: Angry Octopus is a kid favorite. Parents report that their children use the techniques in the story to calm themselves and also remind their parents to use the same technique. This story received national attention on ABC's Shark Tank. Every child has a different emotional maturity, attention span, and need. While the stories are best suited...



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