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Angry Octopus (Paperback)

By Lori Lite

Stress Free Kids, United States, 2011. Paperback. 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 9781937985332 is a new coloring book that compliments this story and shares some of the anger management techniques. 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,...



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Reviews

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

-- **Mrs. Mertie Cummerata**

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