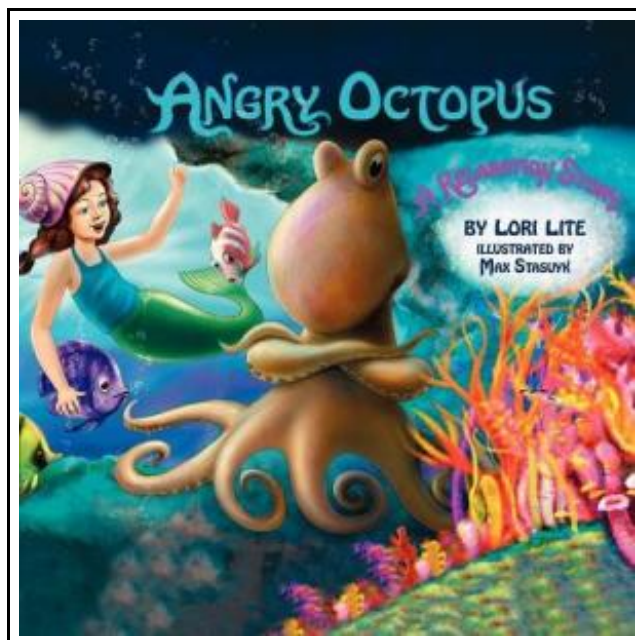


Angry Octopus: A Relaxation Story



Filesize: 5.65 MB

Reviews

Extensive manual!! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

ANGRY OCTOPUS: A RELAXATION STORY



Stress Free Kids. Paperback. Book Condition: New. MAX STASUYK (illustrator). Paperback. 28 pages. Dimensions: 8.4in. x 8.3in. x 0.3in. This edition has replaced the hardcover book. Children love to unwind and relax with this fun exercise known as progressive muscular 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. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body. Progressive Muscular Relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD, along with Sea Otter Cove, Affirmation Weaver, and Bubble Riding. All titles are available through Amazon. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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