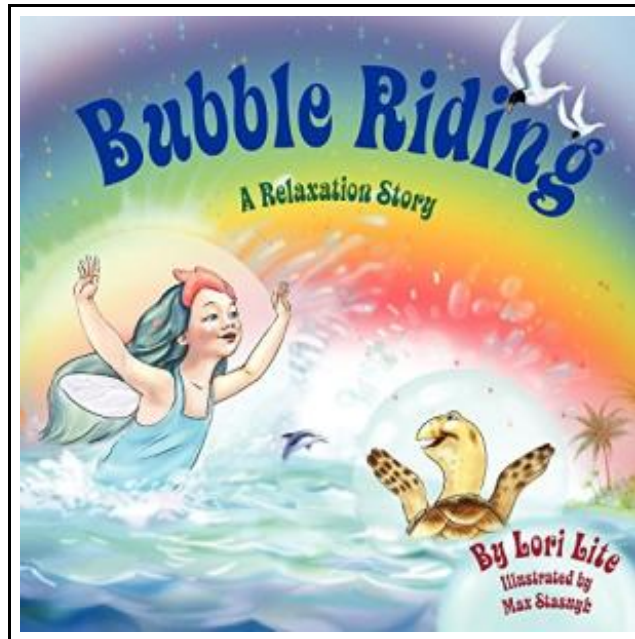


Bubble Riding: A Relaxation Story Designed to Teach Children a Visualization Technique to Increase Creativity While Lowering Stress and Anxiety



Filesize: 2.07 MB

Reviews

It is an awesome book that we have possibly go through. It is actually writer in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tierra Kunde)

BUBBLE RIDING: A RELAXATION STORY DESIGNED TO TEACH CHILDREN A VISUALIZATION TECHNIQUE TO INCREASE CREATIVITY WHILE LOWERING STRESS AND ANXIETY



Stress Free Kids, United States, 2013. Paperback. Book Condition: New. 2nd. 213 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Bubble Riding is a story that teaches children how to use visualizations to relax, calm down, and lower stress. A sea child and turtle take children on a relaxing bubble ride through the ocean. Children visualize filling and relaxing their mind and body with the colors of the rainbow. Children learn a fun visualization technique as they imagine filling and relaxing their mind and body with the colors of the rainbow. A sea child and turtle take children on a bubble ride through the ocean and into the world of relaxation. Visualization, also known as creative imagery, can lower stress and anxiety levels. Visualizing is the ability to form a mental image of, or use your imagination. This technique can have a positive impact on your child s overall health, creativity, and performance. Creative imagery is also used to help patients heal faster with less pain and has been considered a healing tool in virtually all of the world s cultures. This story is longer making it ideal for older children or those with a longer attention span. Bubble Riding 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: Children are intrigued with both rainbows and bubbles. The colorful soothing experience of this story feels so good, that you and your child will want to do it again and again. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 6-12, do not let this be your primary reason for selecting. You know your...



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