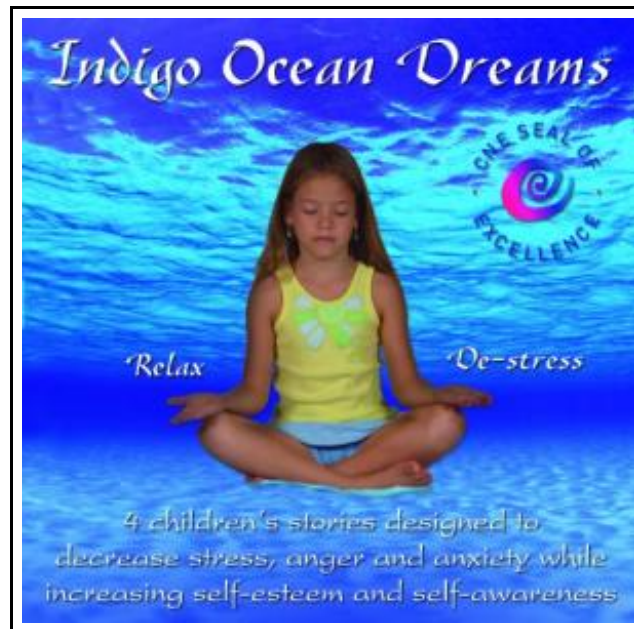


Indigo Ocean Dreams: 4 Childrens Stories Designed to Decrease Stress, Anger and Anxiety While Increasing Self-Esteem and Self-Awareness



Filesize: 8.42 MB

Reviews



Absolutely essential go through pdf. It is writter in simple terms and never difficult to understand. I am just very happy to let you know that this is actually the greatest pdf we have go through in my individual life and might be he greatest pdf for actually.

(Pete Bosco)

INDIGO OCEAN DREAMS: 4 CHILDRENS STORIES DESIGNED TO DECREASE STRESS, ANGER AND ANXIETY WHILE INCREASING SELF-ESTEEM AND SELF-AWARENESS



Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.4in. x 4.9in. x 0.3in. Indigo Ocean Dreams is the 2nd CDaudio book in this childrens series. Like Indigo Dreams, this 60 minute CDaudio book is designed to entertain your child while introducing them to relaxation and meditation techniques. Indigo Ocean Dreams offers longer stories and variations on the same techniques found on Indigo Dreams. Ideal for older children and as step two for those already familiar with Indigo Dreams. Four new stories explore breathing, visualizations, muscular relaxation and affirmations. Children follow their sea friends along as they learn to manage their own anger, stress and anxiety. The narration is accompanied by healing sounds of dolphins, sea otters and gentle waves. An additional music sound track is included to further enhance your child's mind, body and spirit. Angry Octopus: Muscular Relaxation is essential to a good night's sleep. Children follow the octopus along as they learn to manage anger, relax and see things more clearly. This easy, fun exercise relaxes muscles throughout the body as anxiety, tension and anger slip away. Children and parents will fall asleep more easily and experience a deeper peaceful night's sleep. Affirmation Weaver: Affirmations or positive statements build self-esteem and empower children to be the best they can be. Children follow the sea friends along as they weave a web of confidence. Children learn to believe in themselves while replacing negative messages with positive self-talk. Children love this feel good story and the positive effect it has on their lives. Sea Otter Cove: Breathing for relaxation and wellness is a basic technique practiced by cultures throughout the world. This ancient technique encourages children to feel calm and in control of their own energy. Children love to follow the sea otters along as they...

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