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based techniques woven into this popular story. Children ages 5-11 learn how to use muscle relaxation and diaphragmatic breathing (belly-breathing) to control anger before it erupts.

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Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing to Help Control Anger Indigo Dreams Series Indigo Ocean Dreams: Author: Lori Lite: Edition: illustrated: Publisher: Stress Free Kids, 2008: ISBN: 0978778170, 9780978778170: Length: 35 pages: Subjects

Angry Octopus: An Anger Management Story for Children ...

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.

Full E-book Angry Octopus: An Anger Management Story for ...

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Introducing ... Active Progressive Muscle Relaxation And Deep Breathing

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 to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels.

Angry Octopus teaches children how to control anger and relax

Managing anger is an essential part of life. The Angry Octopus teaches children how to be in charge of the emotion called anger and by using their breath, shifting to a serene and calm space. --Marilyn Powers, Vice President The I Am Foundation.

Angry Octopus: Children Learn How to Control Anger, Reduce ...

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Relaxation And Deep Breathing

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Angry Octopus: An Anger Management Story for Children ...

<http://www.stressfreekids.com> Children decrease stress and manage anger with this fun exercise known as "progressive muscular relaxation". Children relate to...

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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 tech THIS HARDCOVER VERSION IS BEING REPLACED BY OUR NEW PAPERBACK VERSION ISBN 9780983625681.

Angry Octopus: A Relaxation Story by Lori Lite

Angry Octopus: An Anger Management Story

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Introducing Active Progressive Muscular Relaxation and Deep Breathing - Paperback - Oct. 28 2011 by Lori Life (Author), Max Stasuyk (Illustrator) 4.4 out of 5 stars 298 ratings

Angry Octopus: An Anger Management Story introducing ...

My 5 year old son was having anger problems after our divorce, so I looked to books for help. The Angry Octopus is an great tool to teach children of many ages how to relax, breathe and calm themselves to slow down and eventually work through their anger and anxiety. I learned from it myself.

Amazon.com: Customer reviews: Angry Octopus: Children ...

angry octopus an anger management story introducing 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 his a

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