



Indigo Dreams Garden of Wellness Stories And Techniques Designed to Decrease Stress, Anger, Anxiety While Promoting Self-esteem ages 5-10 Indigo Dreams

By Lori Lite

DOWNLOAD



Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.2in. Indigo Dreams: Garden of Wellness is a 60 minute CD audio book designed to entertain your child while introducing them to research-based, relaxation and stress management techniques. Children follow along as they use positive statements to build self-esteem and make healthy food choices with Caterpillar Choices. The Perfect Club encourages self-acceptance and tolerance of others. Children learn emotional coping techniques of breathing and visualizing to release angry, hurt, or sad feelings that might arise from being excluded or teased. Ideal for children ages 5-11, engaging characters present these proven techniques of breathing, affirmations, and visualizations in an easy to follow format that makes it fun for any child to learn. Female narration of 5 stories plus additional music sound track with calming sounds of nature further enhance your child's relaxation experience. The Bubble Blowing technique is particularly useful for releasing stress and anger. Children can use this technique to rid themselves of hurt feelings, anger, stress and sadness. The Light Shield technique is particularly useful for sensitive children. Children can use their light shield to relax and cope with noisy environments. Children learn how food choices...

Reviews

I just started reading this article ebook. It really is written in easy phrases and not difficult to understand. I am just very happy to tell you that here is the very best pdf we have read during my individual life and might be the very best ebook for actually.

-- **Camren Kuvalis**

This publication is great. It really is packed with knowledge and wisdom. Your daily life period will probably be transformed when you complete reading this article book.

-- **Wilford Metz**

Related Kindle Books



[Harts Desire Book 2.5 La Fleur de Love](#)

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...



[Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values](#)

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



[DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



[Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



[Scholastic Discover More My Body](#)

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.7in. x 0.6in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. MY BODY unlocks a free...



[The Day I Forgot to Pray](#)

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...