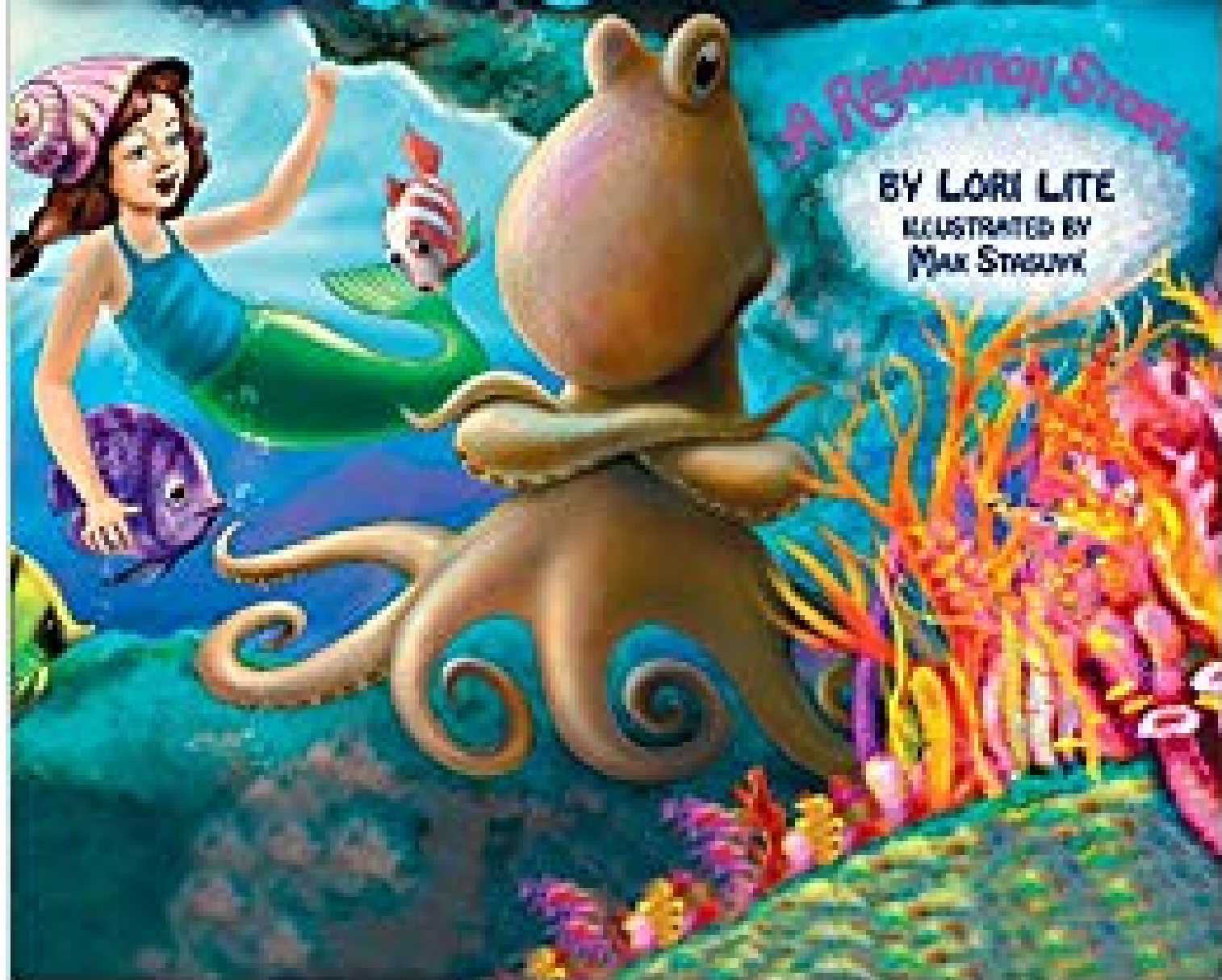


ANGRY OCTOPUS

A READING STORY

BY LORI LITE

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Lori Lite

Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing



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Angry Octopus is normally a tale that teaches children how exactly to use progressive muscle relaxation and breathing ways to calm down, lower stress, and control anger. Children relate with the angry octopus in this tale as the sea child displays the octopus how exactly to take a breath, relax, and manage anger. Angry Octopus Color Me Happy, Color Me Calm is certainly a new coloring publication that compliments this tale. Children learn to unwind, relax, and control anger with this fun workout known as progressive muscle relaxation. This engaging tale quiets your brain and relaxes your body so your child can let go of anger, relax, and fall asleep peacefully. Parents survey that their children utilize the methods in the tale to relaxed themselves and also remind their parents to use the same technique. Progressive muscle relaxation can be used to lower stress, decrease pain, and manage anger. Kids relate with the angry octopus in this tale as the ocean child shows him how to take a breath, calm down, and manage his anger. Additionally it is available in several eBook types. Angry Octopus can be featured on the Indigo Ocean Dreams Sound/CD and is obtainable as an interactive APP on the iTunes bookstore. This story is much longer rendering it ideal for teenagers or those with an extended attention span. Note to Mother or father: Angry Octopus is a kid favorite. These effective stress and anger management techniques for children focus recognition on various muscle groups to create a comprehensive resting of your brain and body. Every kid has a different psychological maturity, attention period, and want.s Shark Container. This story received nationwide attention on ABC' As the stories are suitable for ages 6-12, don't let this be most of your cause for selecting. You understand your child greatest and remember this is simply not about the reading level. The focus can be on the actual techniques.



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Maybe a bit too much time Bought for my 4 years old who gets frustrated very easily..I came across it a bit boring although it is a lovely concept.Update: my boy seems to just like the book, he doesn't really follow the measures but he listens ... Everyone can use another way. He fell asleep twice while I was scanning this publication although he doesn't really follow the relation methods the repetition seems to work, he will complain that is a long book but I examine it anyway :) Works seeing that a jumping off point for discussing emotions with a 3 calendar year old. Therapeutic Child Friendly PMR This is therapeutic for some kids- I am always unsure how hyperactive kids will react to progressive muscle relaxation, but 4/5 clients I've used this with have really enjoyed it, been able to self-calm & We are striving to teach him to take a deep breath before he loses it. I am very happy with this publication. It has nice images and situational descriptions of the way he feels when he's angry. It goes deeper than some tantrum books. I understand for my boy when he's in a meltdown he's completely lost control it's basically not him. It makes an excellent addition to a yoga exercises course or a bedtime ritual and school teachers could use it to help their college students relax. I'm not sure he's fully able to grasp all of the exercises tightening muscle groups and everything.! Helped with tantrums! More than anything it gives us a great starting place for discussing his personal feelings and responses which I am very thankful for. It makes the book a lot more manageable for him attention span wise. My child LOVES this reserve and asks me to read it every night. Beautiful art. Like it made me feel so angry that I needed my own anger management reserve to recover with afterwards haha. This book pairs perfectly with Angry Octopus: Color Me Happy, Color Me Calm by Lori Lite. When she starts showing strong emotions, I can just point out that she actually is acting as an angry octopus. That clicks with her, and she attempts very difficult to get her emotions in check. This publication drove me totally crazy and I just read it once. I learned from it myself. My 5 year old boy was having anger complications after our divorce, so I looked to books for help. The Angry Octopus is a great tool to teach children of several ages how exactly to relax, breathe and relaxed themselves to slow down and eventually sort out their anger and anxiety.. I really like this book so much, that I've loaned it out and suggested it to numerous friends. This should be in every home, school and counseling workplace as a source for kids, parents and teachers as well. I bought this publication for my 3 year old who has complications getting very angry and throwing an enormous fit on the daily at home and at college.like 6-7 web pages in a row have the same precise pictures saying a similar thing and that is my #1 thing that annoys me in children's books. Helps kids understand anger, triggers, warning signs/self-recognition, and coping. I'd recommend the Angry Octopus coloring reserve a companion to encourage even more coping skills for anger. It seems to have actually helped. Really like that one! The story pays special focus on bringing attention to feelings and sensations and it highlights important concepts such as self-reflection, body recognition and cooperation. This is a great book to read aloud to your very own children as well as any children you get the chance to read to!The book address the sensation of not being in control of your own body which I think resonates with him. Excellent Therapy Tool We use this in my therapy practice with kids. This book pairs flawlessly with Angry Octopus: Color Me Content, Color Me Calm by Lori Lite. I would recommend Excellent Many thanks Great teaching tool! Very nice book. My family and I love it and utilize the term "Angry-Octopus-ing" when somebody is getting to crazy from getting upset. The breathing and stuff assists redirect the kids a bit when they're sooo upset.It's a bit expensive for a paperback reserve, but definitely value the money.Update of the update: this book does appear to relax my son. Collectively, they pack a power punch This is a very well-crafted relaxation story that goes, step-by-step, through active progressive muscular relaxation meditation. I just browse the face and fit ones and skip the rest.! Thank you so much! Shows how exactly to take responsibility for one's own thoughts/actions and developing the other aspect in a positive resolution. It works, kids easily identify We read the whole book at least once a week, but most nights we jump right to the ocean child's meditation. My son's school runs on the color behaviors chart and since we started scanning this book he

has had solid green every day. Still working on stuff at home, but it has been amazing along with his school. I LOVE LOVE LOVE this reserve and wish I could hug the writer! If your child is persistent, unexplainably angry, and frustrated this may be the book for you personally. My son immediately identified with the octopus and said it put to words and phrases what he didn't understand how to state. Whatever age of reader is used through scenarios depicting how upsets may appear and leads one to a new way of thinking for how exactly to resolve them. Great Book, Beautiful Art My 1st graders enjoyed this. We first got it, because she is 3 1/3 and started throwing tantrums. Cute book Super adorable for therapy with kids to teach/introduce progressive muscle relaxation. From toes to you head. The sea creatures are adorable and I love the brightly colored palette and the blurred history lends to the feeling of being beneath the sea. Worth it. Wish it had been less wordy I love the concept, but it's VERY wordy for a reserve about rest and anger administration. When I read it to my preschooler, I frequently skip lots of words. The reserve is basically teaching how to relax by focusing on areas of the body and squeezing them tightly and then releasing. Not for parents who also dislike wordy children's books This review is based on my opinion and not so much my child's. The book is very long, half of it tells you how exactly to tense and relax each part of your body, my son was not following a steps although he listened to the complete story twice..but half the battle with books for my kids is that they don't drive me absolutely crazy having to read them over and over again. An excellent tool for supporting understand and cope with anger appropriately. She actually is already acquainted with yoga breathing, which means this kind of reinforced a few of the techniques she actually is already familiar with and provided us something to refer back to when she begins getting upset to remind her she could possibly be the boss of her own emotions. It is EXTREMELY repetitive. A member of family recommended it to me.. follow along, and also became therefore relaxed that they were yawning (and not bc they were bored haha). I am aware kids work best with repetition but com'mon, there needs to be a limit. Also, there are a great number of words. I don't want to encounter as a lazy mother or father but also I'm not trying to learn my toddler chapter books before bed when we got 7 books to go through. Fortunately my 2.5 year old was bored after the second repetition of the story therefore i was saved from having to finish it. Parents recommend Well illustrated Nice reserve to read to the kids who have a difficult time understanding anger and how exactly to control it. Helps to keep them interested .. Jointly, they pack a power punch and so are great books to help children to enjoy being calm and aware.



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