

Bubble Riding

A Relaxation Story



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Bubble Riding: A Relaxation Story designed to teach children visualization techniques to increase creativity while lowering stress and anxiety levels



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The focus is certainly on the real techniques. A sea child and turtle take kids on a soothing bubble ride through the ocean. Creative imagery can be used to greatly help patients heal quicker with less pain and has been considered a healing device in virtually all of the globe. Visualization, also called creative imagery, can lower stress and anxiety levels. A sea kid and turtle take children on a bubble ride through the sea and in to the world of relaxation. Children learn a great visualization technique as they imagine filling and relaxing their mind and body with the colors of the rainbow. Additionally it is obtainable in several eBook platforms. This technique might have a confident impact on your child's overall health, creativity, and overall performance. Kids visualize filling and calming their body and mind with the shades of the rainbow.s cultures. This story is longer making it ideal for older children or those with a longer attention span. While the stories are best suited for ages 6-12, do not let this be most of your reason behind selecting. Visualizing may be the ability to form a mental image of, or use your imagination. Note to Parent: Children are intrigued with both rainbows and bubbles. The multi-colored soothing experience of this story feels so excellent, that you and your child would want to repeat and again. Every kid has a different psychological maturity, attention span, and want. Bubble Riding is also featured on the Indigo Sea Dreams Audio/CD and is obtainable as an interactive APP on the iTunes bookstore. You understand your child best and remember this is not about the reading level. Bubble Riding is a story that teaches children how to use visualizations to relax, relax, and lower stress.



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This is a great bedtime kids book This is a great bedtime kids book. A beautiful journey My 3 year daughter loves this story thus much at bedtime that she insists I read it every evening. She reads it on her own, so when I browse it at bedtime, the written text is offered in a repetitive meditative tone that induces mindfulness and relaxed when read during the day and at night is very hypnotic, lulling my child into the relaxed state had a need to quickly fall asleep. No no no! We have had chronic sleep problems with our daughter. I am a college psychologist and have several of my own children; I purchased these books for both settings. The illustrations are gorgeous and 'rainbow-y', which draws in my daughters. The written text is almost a similar, page after web page; the only change is the color and an adjective for every color. My daughter did NOT like the book at all. I would not advocate it and i have to say i have bought quite a number of books for children to unwind and relax. I wouldn't recommend this reserve for youngsters without the CD. Helped my daughter! My girl had a whole lot of anxiety when she started school. Bubble Riding gives children of most ages and skills the tools that they need to unwind and visualize their own protective bubble. I found these books by Lori Lite and purchased a bunch. That one really seemed to help rest her. It is extremely repetitive and a great one to examine before bed. I'm also likely to recommend it to co-workers and parents--I believe they would find it a useful tool too. You can easily just ignore their struggles but as parents we need to find methods to help them. I am glad I came across Lori Lite. Tried everything, and this whole group of books provides finally helped her fall asleep and stay asleep. We am a children's meditation instructor and Reiki get better at and I love to use this tale as a part of the curriculum for teaching meditation to kids. Five Stars I love this book to greatly help give a kids watch for relaxation techniques. Every child that I've read this story to has absolutely cherished this it! I have read it to kids as young as 3 years old and completely up to age 10. I have also had the pleasure of sharing this tale with children who've Autism and Asperger's Syndrome. I was very worried and looking for a way to greatly help her. My daughter did NOT just like the book at all not really what I expected. This is clearly the less effective of the two books I bought, although among my children does love this particular book on the Angry Octopus. Although I like the colors in the publication, the illustrations really aren't my favorite. My daughter loves it and the photos are sweet and whimsical. It immediately relaxes her and she gets wrapped up in the wonder of illustrations. The turtle may be the cutest turtle and she usually says how content he looks. pretty illustrations, repetitive text I bought this book with Angry Octopus. Perfect for rest, meditation and creative visualization! We have been forever grateful for this incredible reserve, Lori Lite. I downloaded the sound too and this is excellent to make use of as a bedtime rest strategy. Love this book thus much? Recommend Absolutely Love Love Love This reserve. teaches some great methods to visualize and become calm and grounded. I take advantage of this with my customers and their families in my therapy practice. Excellent book to use with anxious children. 3 year old grandson loves this publication. it had been overly repetitive and frustrating towards the end since it basically said a similar thing again and again with a couple of word changes. My grandson is only 3 though and he loved looking at the book. I also bought the CD that goes along with it and my grandson found on the relaxation methods right away (needless to say, he thought he was just having a great time). Overall, that is a good device to possess in my 'relaxation resources', but it isn't my 'main tool' just like the Angry Octopus. I right now want to get Angry Octopus as my grandson actually loved the tale(from the CD). It's helpful and fun for adults as well. I will use this publication in my work with children with special needs. I believe these days kids are put under so very much pressure. highly recommend this for children with anxiety and worries. The shades are Fantastic and the text is perfect for calming ? We have now started incorporating the

colour bubbles into daily existence? Perfect head to calming story publication. We read this tale together and then go on a journey (a guided meditation) where they create their very own bubble of safety and then step into it to keep them safe and safeguarded from their fears and additional scary thoughts. They love the colorful pictures! 5 year old liked calling out the colors Cute, my 4.5 year old liked calling out the colors. Ease children into peaceful ? My young grandchildren under age 5 love for me personally to read this to them before bed in a drowsy gentle voice?? Eh Good for bedtime because it is somewhat boring! Much better mindfulness books out there. The complete series of books is recommended. Boring for children and not ideal for them. This reserve uses visible imagery, whereas the Angry Octopus teaches progressive muscle relaxation, which I find more useful for a broader audience. Three Stars used as part of a behavior program to instruct my students how to calm down



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