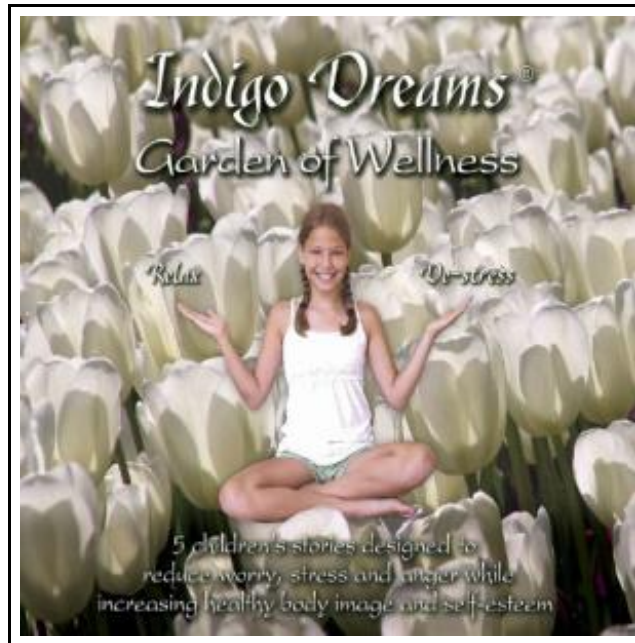


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Stress Free Kids. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.2in. Indigo Dreams: Garden of Wellness is a 60 minute CD audio book designed to entertain your child while introducing them to research-based, relaxation and 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 and amounts affect mind and body with Caterpillar Choices. Affirmations support this message while building self-esteem and confidence. The difficult issue of bullying is addressed in The Perfect Club. Any child that has encountered being teased or excluded by their peers will benefit from the techniques presented in this heartwarming story of acceptance. Various stress-management, coping strategies provide wellness benefits for any child. Ideal for ages 5-10. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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