



The Goodnight Caterpillar: A Relaxation Story for Kids Introducing Passive Progressive Muscle Relaxation and Breathing to Improve Sleep, Manage Stress, and Calm Worries (Paperback)

By Lori Lite

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Stress Free Kids, United States, 2011. Paperback. Book Condition: New. 3rd. 211 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.The Goodnight Caterpillar is relaxation story introducing young children to passive progressive muscular relaxation and breathing. Progressive muscle relaxation focuses awareness on various muscle groups to create a complete resting of the mind and body. The caterpillar teaches the child how to relax, unwind, and see things more clearly. This story is shorter making it ideal for younger children or those with a shorter attention span. Children love to take a deep breath and send a relaxation signal to various parts of their body to unwind and relax with this easy exercise known as progressive muscular relaxation. The technique focuses awareness on various muscle groups to create a complete resting of the mind and body. It can lower stress and anxiety levels and can also be used to decrease pain as an alternative or complimentary treatment. This encouraging story quiets the mind and relaxes the body so your child can enjoy relaxation and fall asleep peacefully. This story is shorter making it ideal for younger children or those with a shorter attention span. The Goodnight...



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