

Angry Octopus Color Me Happy, Color Me Calm: A Self-Help Kids Coloring Book for Overcoming Anxiety, Anger, Worry, and Stress (Paperback)



Filesize: 1.91 MB

Reviews

This book is great. I could possibly comprehend everything using this published e book. I am easily could possibly get a enjoyment of reading a published pdf.

(Deanna Rath I)

ANGRY OCTOPUS COLOR ME HAPPY, COLOR ME CALM: A SELF-HELP KID S COLORING BOOK FOR OVERCOMING ANXIETY, ANGER, WORRY, AND STRESS (PAPERBACK)



Stress Free Kids, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Angry Octopus Color Me Happy, Color Me Calm is a light-hearted, self-help coloring book designed to guide 4-11 year olds and their parents, teachers, or counselors through simple everyday techniques that can be used to control anger, reduce stress, and increase happiness. This interactive coloring book is filled with simple strategies to self-sooth, manage anger, and improve emotional intelligence. Children are empowered to manage their BIG feelings while coloring 76 illustrations. Each mindful page motivates children to express themselves peacefully without having a tantrum, meltdown, or outburst. Dozens of coloring pages designed for children. Underwater scenes, Garden designs, Angry Octopus and Friends, and a Mandala. Each coloring page is designed to help relax, motivate, and introduce an anger or stress management technique in a playful manner. The variety of pages increases emotional intelligence while offering something for every skill level. Each coloring page is on a separate sheet with light-hearted text on the opposite page. User-friendly for children, parents, classrooms, homeschoolers, and private practice. Perfect addition to the Stress Free Kids Curriculum and Lesson Plans. Do you feel angry, worried, stressed, or confused? Angry Octopus has great techniques to use. He expresses his feelings throughout the day, and tries to relax in healthy ways. Your feelings are yours and they are real. Express with coloring how you feel. So, open this book to any page. Coloring is fun for any age. Angry Octopus is a kid-friendly character that children around the world relate to. He made his television debut on ABC s Shark Tank. I wrote my first relaxation story to help my own son fall asleep when he was just 5 years old. Now, a man, he is helping me write...

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Relevant Books



100 Fantastic Stories for 4-8 Year Olds: Perfectly Written and Illustrated for Toddlers

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BEST SELLING AUTHOR NADINE LEBROCK 100 Fantastic Stories for 4-8 Year Olds is...

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Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

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Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning>Welcome. Designed to...

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Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x6.7in. x0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids.

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