



Angry Octopus: A Relaxation Story

Lori Lite

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ISBN 9780983625681.

Children love to unwind and relax with this fun exercise known as progressive muscular relaxation . Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body. This story is also available on Indigo Ocean Dreams Audio/CD. Progressive Muscular Relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD, along with Sea Otter Cove, Affirmation Weaver, and Bubble Riding.

Angry Octopus: A Relaxation Story Details

Date : Published August 3rd 2008 by Stress Free Kids (first published May 24th 2008)

ISBN : 9780978778170

Author : Lori Lite

Format : Hardcover 35 pages

Genre : Childrens, Picture Books



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From Reader Review Angry Octopus: A Relaxation Story for online ebook

Karen Jacobs says

My 9 year old has mild-moderate anxiety brought on by school and any type of testing. This book was recommended by his therapist who has had a lot of success treating other kids his age. He loved the story and practices the stress-management techniques in this story throughout his day. What a blessing Lori Lite and Stress Free Kids has been to our family.

Erica Mayberry says

This book is great for students to use in order to calm down from an escalated situation. They can use techniques to help them calm down.

Eve Costarelli says

This is a very well-crafted relaxation story that takes you, step-by-step, through active progressive muscular relaxation meditation. The story pays special attention to bringing attention to feelings and sensations and it highlights important concepts such as self-reflection, body awareness and cooperation. This is a great book to read aloud to your own children as well as any children you have the opportunity to read to! It makes a great addition to a yoga class or a bedtime ritual and school teachers could use it to help their students relax. The sea creatures are adorable and I love the brightly colored palette and the blurred background lends to the feeling of being under the sea. This book pairs perfectly with Angry Octopus: Color Me Happy, Color Me Calm by Lori Lite (see my review [here](#)). Together, they pack a power punch and are great books to help children to enjoy being calm and aware.

Jason Crawford says

This is a great little story to help small kids understand that they are in control of their emotions. It focuses on the ownership of feelings and emotions and taking command of the situation, instead of letting things "happen" to you.

Erin says

My son adores this book about dealing with anger and upset feelings, and it makes an excellent bedtime story as it guides children through physical relaxation and deep breathing. The illustrations don't exactly rock my world, but if the kids love it that's good enough for me! Highly recommend this to parents of young children.

Nicole says

I love this book! Such a great way to introduce progressive muscle relaxation and breathing technique to children. As an elementary school counselor, I work with many students on managing their emotions and anger. I can't wait to try this with them!

Mark Nissen says

A book that is intended to teach children how to relax and try to not act upon their anger. However, I did not think the pictures or story were anything special but it did get its lesson across on how to deal with anger.

Isela says

This book provides one relaxation technique that children can use when they are angry. I enjoyed reading this book because this book entertaining and the pictures are colorful.

Christine says

I am a social worker and use this book when helping kids relax their body, tune into their breathing, and calm their mind. It focuses on coping with anger, but it's appropriate for stress/anxiety, sadness, and many other struggles. It's quick, can be done in session, and it makes sense for the kid level of understanding.
