



# Angry Octopus: A Relaxation Story

*Lori Lite*

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**Angry Octopus: A Relaxation Story** Lori Lite

**THIS HARDCOVER VERSION IS BEING REPLACED BY OUR NEW PAPERBACK VERSION 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.

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