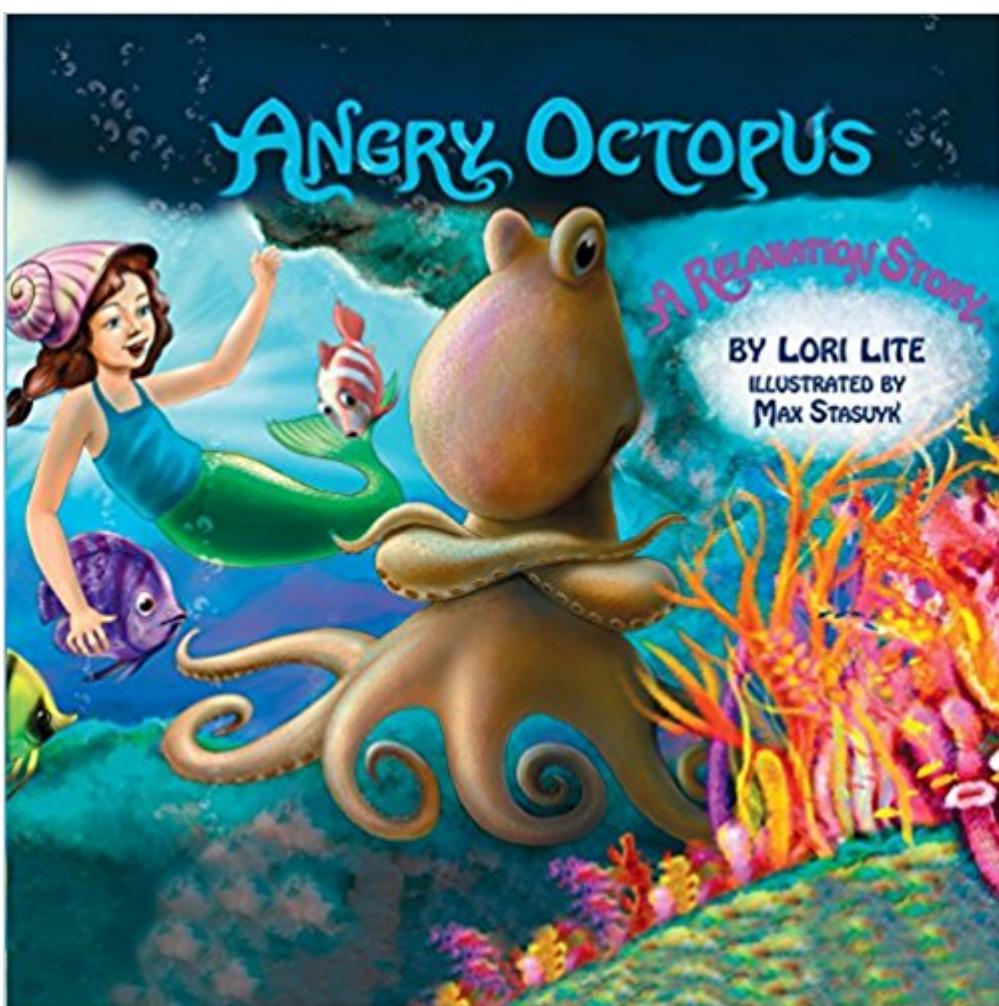


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# Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation And Deep Breathing



## Synopsis

Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage anger. Angry Octopus Color Me Happy, Color Me Calm is a new coloring book that complements this story. Children learn to unwind, relax, and control anger with this fun exercise known as progressive muscle 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. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body. Progressive muscle relaxation can be used to lower stress, decrease pain, and manage anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully. This story is longer making it ideal for older children or those with a longer attention span. Angry Octopus is also featured on the Indigo Ocean Dreams Audio/CD and is available as an interactive APP on the iTunes bookstore. It is also available in several eBook formats. Note to Parent: Angry Octopus is a kid favorite. Parents report that their children use the techniques in the story to calm themselves and also remind their parents to use the same technique. This story received national attention on ABC's *Shark Tank*. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 6-12, do not let this be your primary reason for selecting. You know your child best and remember this is not about the reading level. The focus is on the actual techniques.

## Book Information

Paperback: 28 pages

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Product Dimensions: 8.5 x 0.1 x 8.5 inches

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Best Sellers Rank: #11,608 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Children's Health #55 in Books > Self-Help > Stress Management #86 in Books

Age Range: 5 - 10 years

Grade Level: Kindergarten - 6

## Customer Reviews

I am a psychotherapist and mother and find Angry Octopus indispensable. It does a wonderful job of guiding children and adults through a progressive relaxation exercise as well as conveying that angry feelings can be managed. It is clear, and the illustrations are inviting and helpful. For adults, it teaches relaxation skills in a down-to earth and non-intimidating fashion. --Rhonda Bryhn,

MSWManaging anger is an essential part of life. The Angry Octopus teaches children how to be in charge of the emotion called anger and by using their breath, shifting to a serene and calm space.

--Marilyn Powers, Vice President The I Am FoundationWith all the demands of busy young lives that children face today, how nice that an octopus and a friendly sea child can model appropriate anger management in a fun, easy and peaceful method. --Lynne Goldman, Johannesen, Elementary

SchoolThe first time I read this book to my children, they both engaged in the progressive muscle

relaxation without any prompting from me. Several days later, my six year old spontaneously talked about how he could manage his anger by doing what the octopus did. A must have for anyone with

children or anyone who works with children. --Dr. L. Teegarden, Clinical PsychologistWhat a great

book the Angry Octopus is! My children and I have been reading it every night before going to bed. I

have downloaded a digital version of the book and my kids enjoy reading it on my laptop. They

make comments about the beautiful illustrations present in the book. The most valuable thing for me

is that it teaches kids that it is OK to get angry sometimes but there are also appropriate and healthy

ways to deal with anger. And the book definitely teaches us how to manage our anger in a healthy

way. I am planning to buy more books written by Lori Lite as she addresses stress management is a professional manner that is also very enjoyable from a child perspective. Thanks, Lori! --Christina V.

Lori Lite is a pioneer in the field of children's stress management. She has dedicated her life to helping families reduce stress, anxiety, and anger. Lori created Stress Free Kids and a line of books, CDs, and lesson plans designed to help children, teens, and adults decrease stress, anxiety, and anger. Her work is considered a resource for parents, psychologists, therapists, child life specialists, teachers, doctors, counselors, and yoga instructors. She has been nationally recognized on Shark Tank, CBS News, and as a Sears parenting expert. Her sought after practical tips and articles can be found in hundreds of publications to include; Family Circle, NY Times, Web MD, Real

Simple, Prevention, and Aspiring Women. Lori's titles are also available in Spanish, Apps, and eBooks bringing stress management to Smart Boards and making classroom implementation easy. Her constant upbeat presence on Facebook and Twitter (Stressfreekids) make her a real-time resource for anyone seeking practical advice for stress free living. For more information visit StressFreeKids dot com.

Bought for my 4 years old who gets frustrated easily. The book is long, half of it tells you how to tense and relax each part of your body, my son was not following the steps although he listened to the whole story twice. I found it a bit boring although it is a cute concept. Update: my son seems to like the book, he doesn't really follow the steps but he listens ... Update of the update: this book does seem to relax my son. He fell asleep twice while I was reading this book although he doesn't really follow the relaxation steps the repetition seems to work, he does complain that is a long book but I read it anyway :)

Very nice book. My family and I enjoy it and use the term "Angry-Octopus-ing" when someone is getting to crazy from being upset. The breathing and stuff helps redirect the kids a bit when they're sooo upset. It's a bit expensive for a paperback book, but definitely worth the money.

Really like this one!!! Whatever age of reader is taken through scenarios depicting how upsets can occur and leads one to a new way of thinking for how to resolve them. Shows how to take responsibility for one's own thoughts/actions and coming out the other side in a positive resolution.

We've been reading this at night as a cool down exercise for our children, one who struggles with ADHD and temper tantrums. It's a soothing story and helps walk them through basic breathing/calm techniques in a cute way. I definitely like the imagery of an octopus stuck in a black cloud of angry ink. Easy for the kids to understand.

We got this for our 4 year old but I feel like it has too many words, he starts to get bored.... it's such a nice concept but just too wordy

My 5 year old struggles with anxiety and trauma disorder, and she has difficulty expressing emotions in a healthy way at times. She really enjoys this book, and asks me to help her read it again and again, which tells me that it resonates with her. That's exactly what I was hoping for. It's

colorful, helpful, and easy for her to understand.

We bought this book for our 5 y/o son. He was engaged while reading this book the entire time. The story is very cute and helps children better understand their emotions. Our son followed along and practiced relaxing and breathing with the angry octopus. In addition, we have noticed a change in our sons behavior since reading this book and few other emotion books. We would definitely recommend this book for helping a child better understand their emotions.

Good book to teach kids to relax. Don't like it on kindle because pictures are too small when you have words where you can read so I suppose I will have to purchase the actual book to use with clients.

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