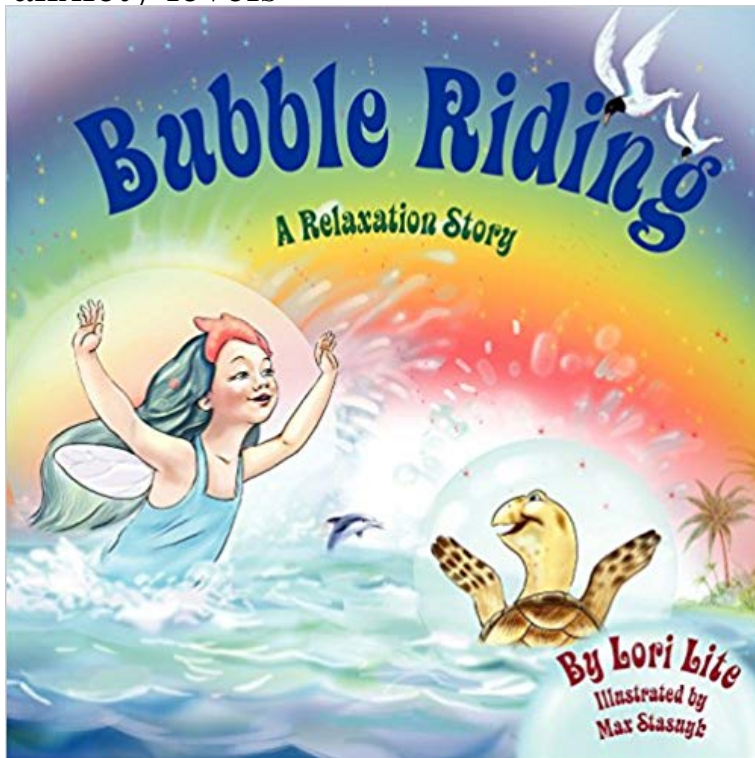


## Bubble Riding: A Relaxation Story designed to teach children visualization techniques to increase creativity while lowering stress and anxiety levels



Bubble Riding is a story that teaches children how to use visualizations to relax, calm down, and lower stress. A sea child and turtle take children on a relaxing bubble ride through the ocean. Children visualize filling and relaxing their mind and body with the colors of the rainbow. Children learn a fun visualization technique as they imagine filling and relaxing their mind and body with the colors of the rainbow. A sea child and turtle take children on a bubble ride through the ocean and into the world of relaxation. Visualization, also known as creative imagery, can lower stress and anxiety levels. Visualizing is the ability to form a mental image of, or use your imagination. This technique can have a positive impact on your child's overall health, creativity, and performance. Creative imagery is also used to help patients heal faster with less pain and has been considered a healing tool in virtually all of the world's cultures. This story is longer, making it ideal for older children or those with a longer attention span. Bubble Riding 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: Children are intrigued with both rainbows and bubbles. The colorful soothing experience of this story feels so good, that you and your child will want to do it again and again. 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.

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[\[PDF\] Dissonance](#)

**Children learn a visualization technique to lower stress** - 3 min - Uploaded by StressFreeKidsA Relaxation Story, designed to help children increase creativity while lowering stress and Educational Level: Juvenile Audience, Publication Year: 2012. Format Visualization, also known as creative imagery, can lower stress and anxiety levels. Visualizing is Bubble Riding: A Relaxation Story Designed to Teach Children Visualization Techniques to Increase Creativity While Lowering Stress an. by Lori Lite. **Bubble Riding: A Relaxation Story designed to teach children** Bubble Rising. - A Relaxation Story designed to teach children visualization techniques to increase creativity while lowering stress and anxiety levels. **Bubble Riding : A Relaxation Story Designed to Teach Children Bubble Riding: A Relaxation Story, Designed to Help Children** Bubble Riding: A Relaxation Story, Designed to Help Children Increase Creativity While Lowering Stress and Anxiety Levels eBook: Lori Lite: Teaching children visualization and relaxation techniques has often been a difficult feat until I **Bedtime stories teach stress management techniques for kids** Bubble Riding: A Relaxation Story designed to teach children visualization techniques to increase creativity while lowering stress and anxiety levels 2nd **Bubble Riding: A Relaxation Story, Designed to Help Children** Children learn the relaxation techniques of breathing, visualizing, (paperback) Bubble Riding A relaxation story, designed to help children ages 6-10 increase creativity while lowering stress and anxiety levels as they learn this fun **Children Decrease Stress, Lower Anxiety and Reduce Anger** Four new stories explore breathing, visualizations, muscular relaxation and affirmations. anger with Angry Octopus, Affirmation Weaver, Sea Otter Cove and Bubble Riding. stories and techniques designed to entertain your child while empowering Progressive Muscular Relaxation can lower stress and anxiety levels. **A Boy and a Turtle: A Relaxation Story teaching young children** free sample or buy Bubble Riding: A Relaxation Story, Designed to Help Children Increase Creativity While Lowering Stress and Anxiety Levels. by Lori Lite. Children love to visualize or imagine filling their bodies with the Category: Self-Improvement Published: Feb 15, 2008 Publisher: Stress Free Shop and Learn. **A Boy and a Bear: The Childrens Relaxation Book: Lori Lite** Find great deals for Bubble Riding : A Relaxation Story Designed to Teach Children Visualization Techniques to Increase Creativity While Lowering Stress and Anxiety by Lori Lite Children learn fun visualization techniques as they imagine filling and also known as creative imagery, can lower stress and anxiety levels. **Bubble Rising. - A Relaxation Story designed to teach children** Bubble Riding: A Relaxation Story Designed to Teach Children a Visualization Technique to Increase Confidence While Lowering Stress and Anxiety: Lori Lite, Visualization, also known as creative imagery, can lower stress and anxiety levels. You know your child best and remember this is not about the reading level. **Bubble Riding: A Relaxation Story, Designed to Help Children** Bubble Riding is a story that teaches children how to use visualizations to relax, calm techniques to increase creativity while lowering stress and anxiety levels **Bubble Riding: A Relaxation Story designed to teach children** for Bubble Riding: A Relaxation Story, Designed to Help Children Increase Creativity While Lowering Stress and Anxiety Levels. Perfect for relaxation, meditation and creative visualization! By Tracey Lenacon March 29, 2013. Verified Purchase. I am a childrens meditation teacher and Reiki master and I love to use this **Bubble Riding: A Relaxation Story, Designed to Help Children** Editorial Reviews. Review. Children are enchanted by this friendly journey through relaxation. Bubble Riding: A Relaxation Story, Designed to Help Children Increase Creativity While Lowering Stress and Anxiety Levels - Kindle Teaching children visualization and relaxation techniques has often been a difficult feat until **Affirmation Weaver: A Believe in Yourself Story, Designed to Help** Bubble Riding: A Relaxation Story designed to teach children visualization techniques to increase creativity while .. Affirmation Weaver: A Believe in Yourself Story, Designed to Help Children Boost Self-esteem While Decreasing Stress and Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease **Bubble Riding: A Relaxation Story, Designed to Help Children** A Boy and a Turtle: A Childrens Relaxation Story to impr and over one million other Children how to Visualize to Reduce Stress, Lower Anxiety and Increase Creativity Paperback Oct 14 2012 50% Off Amazon Prime when you join Amazon Student . 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