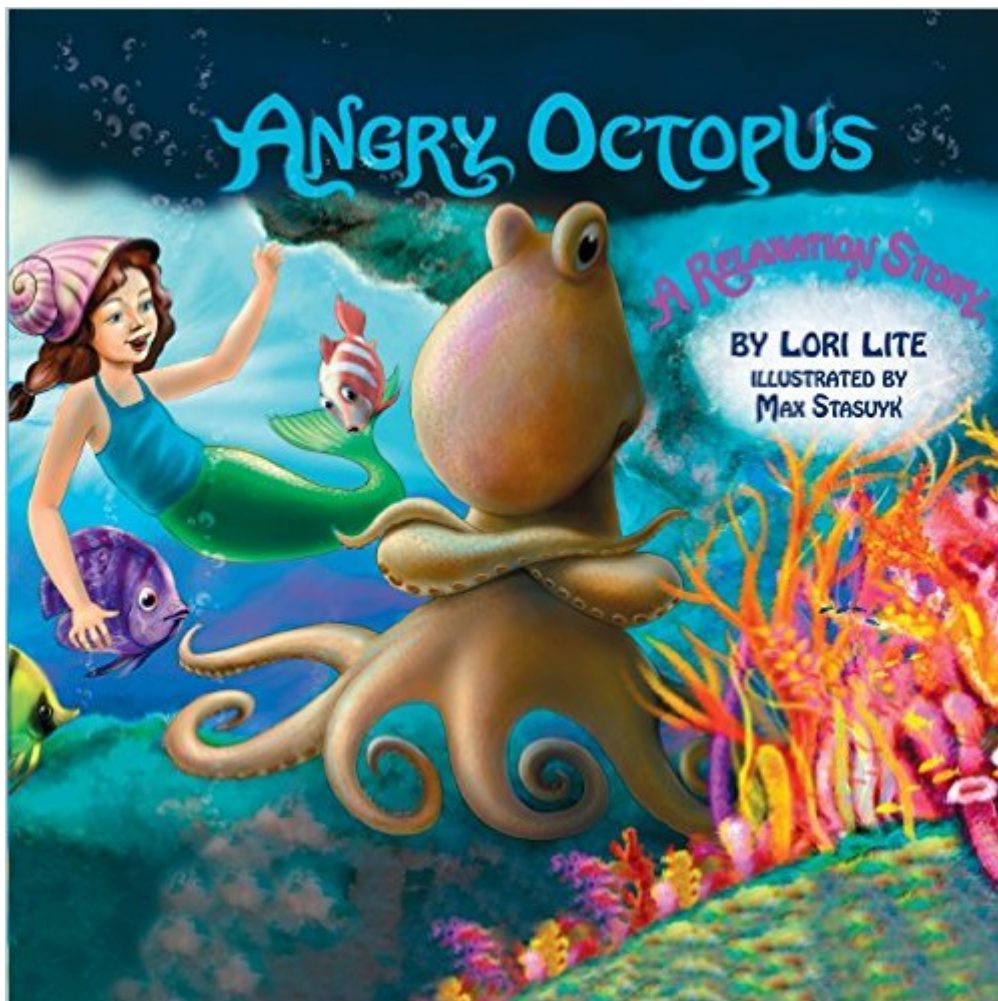


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# Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation And Deep Breathing



## 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 his anger. 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

Publisher: Stress Free Kids; second edition (October 28, 2011)

Language: English

ISBN-10: 0983625689

ISBN-13: 978-0983625681

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (164 customer reviews)

Best Sellers Rank: #3,384 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Children's Health](#) #19 in [Books > Self-Help > Stress Management](#) #74 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

I am a Mom with a very sensitive 5 year old. I have trouble expressing my anger and have struggled teaching my son a healthy way to express his. I don't want him to just hold it in like me because that isn't healthy, but there have been times when his anger is so explosive I wonder how healthy that is as well. The book has helped us both. It has given us both a healthy way of expressing and diffusing our anger. The illustrations in this book are fabulous. My son laughs at all the funny expressions on the Octopus's face as he learns to tighten and then relax his muscles. He had me read the book twice last night. THANK YOU for this book!

I am a graduate student in clinical psychology that works primarily with children. I am also an aunt and a collector of childrens books. I have purchased three copies of this book to date. The illustrations are beautiful, the story is appealing to children, and the book functions as a way to teach relaxation and helps to soothe the child. I added this book to my own collection, and have purchased two as gifts for my niece (age 5) and cousin (age 6). They both love the book. My sister in law has told me that her daughter was having difficulties with tantrums, and after a few weeks of reading, is using the techniques with her daughter to help her relax before a tantrum escalates. The book is fun, a great story, and an appropriate way to help children identify and manage anger. I highly recommend this book.

I've just recently learned of Lori Lite and her products and I am thrilled with each and every item I have purchased. I work as a special educator for children with moderate/severe disabilities, ages 8 - 10 years old. My students are children with autism, asperger's and other disabilities, and their true challenges lie in self-regulation and social/emotional difficulties. These products have helped us as a classroom tremendously, especially The Angry Octopus (which happens to be the favorite!) We use this book, along with an octopus puppet, to really bring the story to life. My students follow the story along, practicing their breathing. I am now starting to see them use the breathing techniques throughout the day when they are angry or anxious. These products are a wonderful addition to my classroom curriculum. Thank you!

I am a clinical psychologist who purchased this book for my children (ages 4 and 6). They love the

book! The first time I read the book to them, they both engaged in the progressive muscle relaxation without any prompting from me. Several days after having read the book, my six year old spontaneously talked about how he could manage his anger by doing what the octopus did. This was exactly what I had hoped would happen when I purchased the book. I highly recommend this book as it effectively teaches PMR skills in an engaging story format that kids will remember. A must have for anyone with children or anyone who works with children.

I am a psychologist who works mainly with adult and adolescent patients who are experiencing health and behavioral problems, but believe that this story is great for people of all ages. While it is more geared toward children, my patients have enjoyed it and have been able to share it with their children making it a great family lesson. I have the book version of "Angry Octopus" and love the art and the story. I would highly recommend this book!

I am a psychotherapist and mother and find this book 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.

I am an Expressive Therapist, so I use different arts-based modalities such as visual art, music, dance/movement, drama and poetry with my clients who have mental health issues, behavioral issues and other delays. I find the story quite effective, especially the how straight forward the message is, the clarity in the images and the playful presentation.

I have used this book to help students that I work with understand the concept of being in control of their bodies even when they are angry! My students are of various ages and cognitive/behavioral abilities and they often have difficulty controlling their behavior when they are upset or frustrated. This story is an easy, non-threatening way of teaching them an alternative to destructive behavior. The kids also seem to enjoy the colorful illustrations!

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Muscular System Coloring Book: Now you can learn and master the muscular system with ease while having fun  
Progressive Relaxation

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