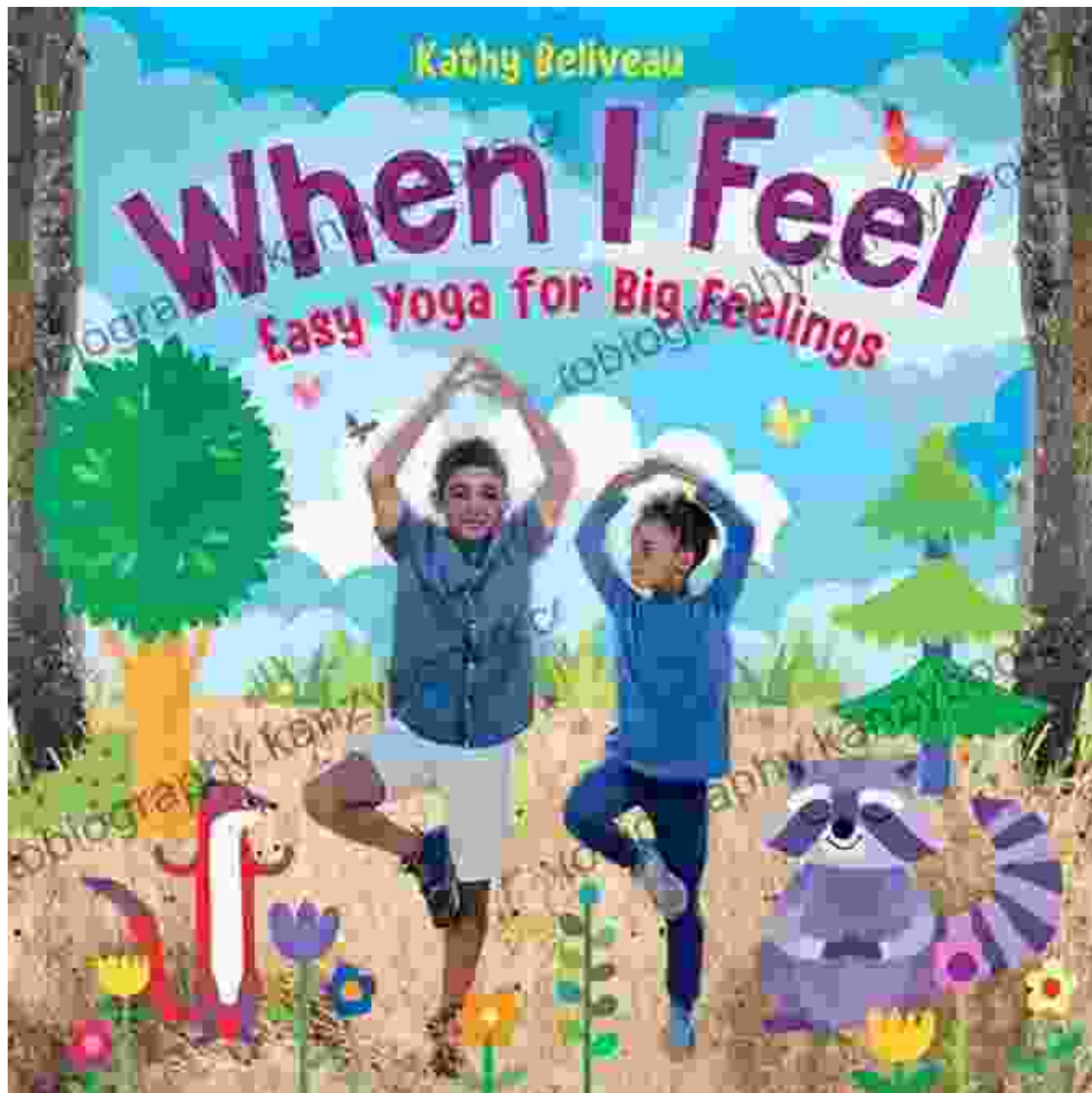


Feel Easy Yoga For Big Feelings: A Calming Guide for Children



When I Feel: Easy Yoga for Big Feelings by Kathy Beliveau

★★★★☆ 4.7 out of 5

Language : English

File size : 5153 KB

Screen Reader : Supported

Print length : 24 pages

Lending : Enabled



When Feel Easy Yoga For Big Feelings is a beautifully illustrated and interactive book that teaches children about yoga, mindfulness, and emotional regulation. With simple, step-by-step instructions and adorable animal characters, this book makes it easy for kids to learn how to use yoga to calm down, focus, and manage their feelings.

What's inside the book?

- **10 easy-to-follow yoga poses** designed to help children calm down, focus, and manage their emotions.
- **Mindfulness exercises** that help children become more aware of their thoughts and feelings.
- **Emotional regulation strategies** that help children learn how to cope with difficult emotions in a healthy way.
- **Adorable animal characters** that make learning about yoga and mindfulness fun and engaging.

Why is this book important?

When Feel Easy Yoga For Big Feelings is important because it teaches children essential life skills that will help them succeed in school, at home, and in life. By learning how to use yoga and mindfulness to calm down, focus, and manage their emotions, children can develop the skills they need to:

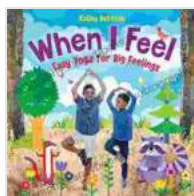
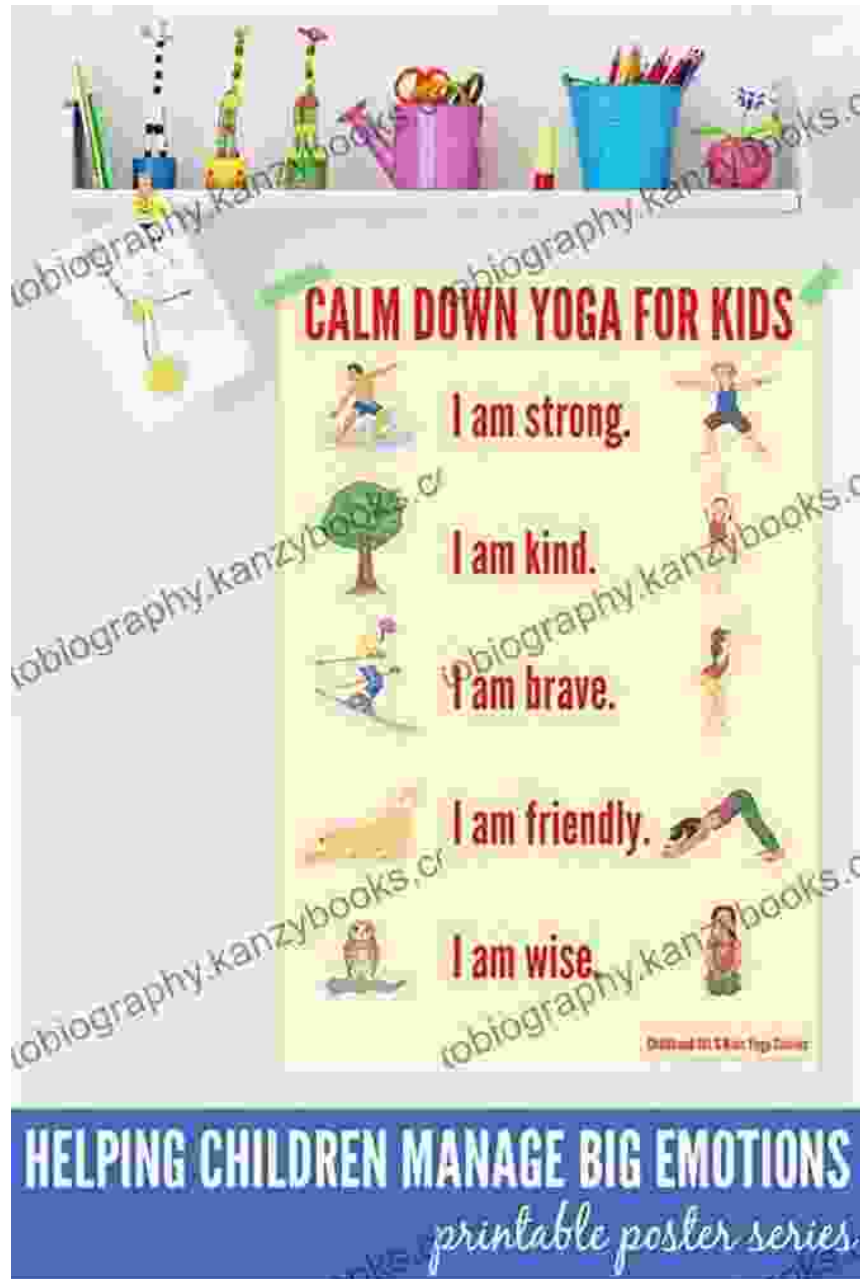
- Cope with stress and anxiety
- Improve their attention and focus
- Manage their emotions in a healthy way
- Build self-confidence and resilience
- Develop a lifelong love of yoga and mindfulness

Who is this book for?

When Feel Easy Yoga For Big Feelings is for children ages 3-8 who are experiencing big feelings. This book is also a great resource for parents, teachers, and therapists who work with children who are struggling with emotional regulation.

Get your copy today!

When Feel Easy Yoga For Big Feelings is available now on Our Book Library.com. [Click here to Free Download your copy today!](#)



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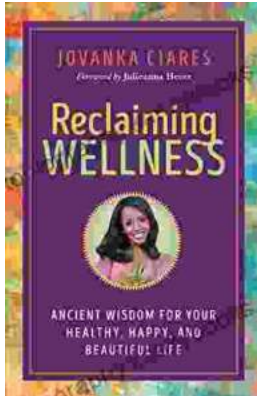
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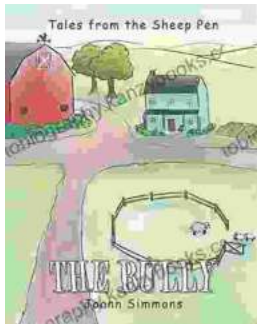
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