



# Relaxations: Big Tools for Little Warriors

Taylor Harris

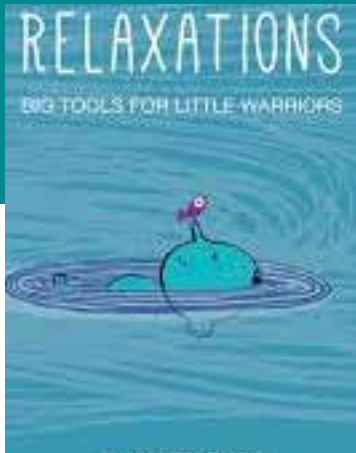
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## Book Review

# Relaxations: Big Tools for Little Warriors

Written for parents and teachers to read to their children and help them practice meditation techniques. Relaxations invites young listeners to use their mind as a blank screen and imagine different scenarios to help them relax. Exercises include imagining a piece of spaghetti becoming limp, a soothing day at the beach, and a light spreading within the body until readers become a star in the vast universe.

With soothing colors and a clean-looking format, this book invites relaxation with both visuals and words. The mindfulness exercises are fun and kid-friendly and would be great for parents to read to children. This book also includes a list of suggestions for practice at the back to help parents and teachers know how to effectively use this book. Written by a certified yoga instructor, these visualizations are a great way to help your child enjoy a moment of mindful calmness.

### Author

Mamen Duch

### Illustrator

Guridi

### Reviewer

Taylor Harris

### Rating

Excellent

### Level

Preschool

### Pages

36

### Year

2018

### Publisher

Magination Press

### ISBN

9780062479853