Relaxations: Big Tools for Little Warriors

Taylor Harris

Follow this and additional works at: https://scholarsarchive.byu.edu/cbmr

BYU ScholarsArchive Citation
Available at: https://scholarsarchive.byu.edu/cbmr/vol39/iss4/75

This Book Review is brought to you for free and open access by the All Journals at BYU ScholarsArchive. It has been accepted for inclusion in Children's Book and Media Review by an authorized editor of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.
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.