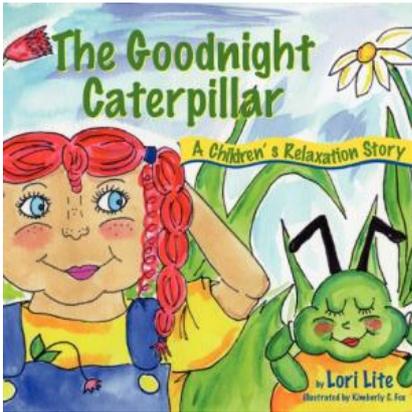


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## THE GOODNIGHT CATERPILLAR: A RELAXATION STORY FOR KIDS INTRODUCING PASSIVE PROGRESSIVE MUSCLE RELAXATION AND BREATHING TO IMPROVE SLEEP, MANAGE STRESS, AND CALM WORRIES



Stress Free Kids, United States, 2011. Paperback. Book Condition: New. 3rd. 211 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Goodnight Caterpillar is relaxation story introducing young children to passive progressive muscular relaxation and breathing. Progressive muscle relaxation focuses awareness on various muscle groups to create a complete resting of the mind and body. The caterpillar teaches the child how to relax, unwind, and see things more clearly. This story is shorter making it...

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- Authored by Lori Lite
- Released at 2011



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