



# A Boy and a Bear: The Children's Relaxation Book

*Lori Lite*

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## **A Boy and a Bear: The Children's Relaxation Book** Lori Lite

*A Boy and a Bear* teaches young children how to relax and calm themselves. Written for children 3 - 10 years old, this book tells the story of a young boy who encounters a polar bear while they are both climbing a snow covered mountain. The boy and bear become friends and learn an important lesson in relaxation together. As the bear watches the boy breathing, children mirror their movements and learn valuable breathing skills to enhance their own relaxation. Children will not only enjoy the story, but will benefit by learning a self-calming technique to reduce stress, prepare for sleep, and improve self-confidence.

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