



Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)

Carolyn Clarke

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WINNER OF THE SAN DIEGO BOOK AWARD FOR CHILDREN'S NON-FICTION

The ability to relax is an essential skill in our hectic world today. Kids are shuttled from home to school to after school activities and home again, often without transition time or down time. We hope that children can lead happy, relaxed, and calm lives, but often we neither teach them how to do this nor do we lead by example.

This book provides stories to help children learn to calm their bodies and relax their minds. Wildly imaginative and whimsically joyful, Carolyn Clarke's guide is a wonderful tool for children to learn that the most important spaces in life are often the quiet moments in between. The stories and illustrations contained in this volume help children learn to calm themselves and release the tension of their lives in a positive, healing manner. A child's ability to consciously relax their body and clear their mind can help address a myriad of issues, such as anxiety, stress, and excessive worry; sleep disorders, nightmares, and fear of the dark at bedtime; anger issues; focus and concentration issues; special needs, including ADD, ADHD, Aspergers, autism, and OCD; depression; low self-esteem; grief; and life changes such as moving, divorce, or changing schools.

Opening up worlds and universes with evocative stories and vivid details that simultaneously calm the mind, body and spirit, Clarke's debut is an extraordinary aid to help children not only tap into their inner calm, but to expand their imagination to its outer limits—and beyond. Intended as a tool to use with the children in your life, it is so much more: it is a skill that they can use for the rest of their lives to improve, enhance, and maximize their quality of life. Unlike any other book of its kind, *Imaginations: Fun Relaxation Stories and Meditations for Kids* is the greatest gift you can give your child.

Stories include:

1. A Day at the Beach
2. The Night Sky
3. A Hot Air Balloon Trip
4. Your Bubble
5. Making Friends with a Tree
6. If I Could Fly
7. Clouds in the Sky
8. A Trip in Your Spaceship
9. Enchanted Forest
10. Take a Hike
11. The Love Balloon
12. Under the Sea
13. My Tree House
14. Magic Flower Potion
15. Planting a Seed
16. Finger Lights

17. Loving Kindness

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From reader reviews:

Daniel Cadena:

The book *Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)* will bring one to the new experience of reading a new book. The author style to clarify the idea is very unique. When you try to find new book to read, this book very ideal to you. The book *Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)* is much recommended to you to study. You can also get the e-book from your official web site, so you can more easily to read the book.

Michael Quintanar:

People live in this new time of lifestyle always try to and must have the free time or they will get wide range of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely yes. People is human not really a huge robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, the book you have read is usually *Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)*.

Amy Petersen:

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Joshua Castillo:

What is your hobby? Have you heard this question when you got pupils? We believe that that query was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as looking at become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to add you knowledge, except your own teacher or lecturer. You see good news or update about something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is actually *Imaginations: Fun Relaxation Stories and Meditations for Kids (Volume 1)*.

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