Hanna Schmitz

Nonchalant like an Elephant – Calming Excercises for Children

Naturkind
durchgehend farbig illustriert von Inka Vigh

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Story

Calming exercises with Tiger, Mouse and Elephant

Sometimes it's not so easy to relax in hectic everyday life when there's so much to discover, explore and investigate. But when children are agitated and restless, this book can help! Accompanied by fun animal characters, various parts of the body are engaged and relaxed through light exercises. Then the next adventure can come!

• 15 easy exercises, each on a double page with scenic animal illustration
• Engage various parts of the body, choose between exercises to loosen up or calm down
• Developed with the support of a professional yoga teacher, to be done anytime, anywhere, and no prior experience

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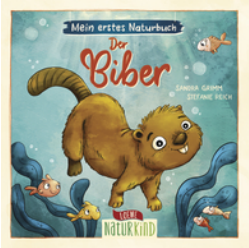
 Wonder, Learn and Discover – All I Know About Our Food	 My First Naturebook – The Bumblebee	 My First Naturebook – The Beaver
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