



Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing

Lori Lite

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Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage his anger.

Children learn to unwind, relax, and control anger with this fun exercise known as progressive muscle relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body. Progressive muscle relaxation can be used to lower stress, decrease pain, and manage anger.

This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully. This story is longer making it ideal for older children or those with a longer attention span.

Angry Octopus is also featured on the Indigo Ocean Dreams Audio/CD and is available as an interactive APP on the iTunes bookstore. It is also available in several eBook formats.

Note to Parent:

Angry Octopus is a kid favorite. Parents report that their children use the techniques in the story to calm themselves and also remind their parents to use the same technique. This story received national attention on ABC's Shark Tank. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 6-12, do not let this be your primary reason for selecting. You know your child best and remember this is not about the reading level. The focus is on the actual techniques.

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Andrea Behnke:

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Jason Bradley:

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