



Frog's Breathtaking Speech: How children (and frogs) can use yoga breathing to deal with anxiety, anger and tension

Michael Chissick , Sarah Peacock (Illustrator)

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Frog is very worried as he has an important speech to make at his school assembly. The speech is about breathing and he doesn't know a thing about it! He asks his friends for help and they teach him all about the lion breath, the crocodile breath, the humming bee breath and the woodchopper breath. Can any of these breathing techniques calm his nerves before the big speech?

This charming illustrated picture book teaches children four yoga breathing techniques in a fun and interactive way. The story successfully increases children's awareness of their breath and shows how breathing can be used to deal with anger, anxiety and tension. Suitable for children aged 4-11.

This book will be a great resource for teachers and teaching assistants in mainstream and special needs schools, children's yoga instructors, as well as parents looking for an engaging story to teach their children about coping with difficult emotions and stressful situations.

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Eve Costarelli says

Frog's Breathtaking Speech: How children (and frogs) can use yoga breathing to deal with anxiety, anger and tension by Michael Chissick; Illustrations by Sarah Peacock

This book is a great introduction to stress relief for pre-schoolers and elementary aged children and is so usable by both non-practitioners and yoga teachers alike. It can be easily integrated into the classroom for some self-esteem enhancement and mindfulness. This book uses adorable watercolor and ink illustrations to increase children's awareness of their own breath and affects of stress on their bodies, minds and energy and clearly instructs on accessible breathing strategies for all children. A nice bonus is that at the back of the book, there are illustrations for the yoga postures that accompany the breath-work.

I highly recommend this, one of the many awesome books by the dynamic duo of author, Michael Chissick, and illustrator, Sarah Peacock. Together they have filled a void in yoga and mindfulness for children with their picture books that clearly present techniques to reduce stress and increase peace of mind.

Sandy says

While not a must-read for all kids, my seven year old enjoyed this book. She liked breathing along with the variety of animals in the book.

Philippa says

Wonderful book. Yoga is a great thing to teach kids - if I were a teacher I'd be using this book in my classroom :)

Eunice Adeniran says

Well written, easy to read and understand.
