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## Sam Learns to Breathe (Paperback)

By Stuart Granoff

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Join Sam as he learns how to calm himself and manage his emotions, through the playfulness of yoga and mindful breathing. In one very full day at home and school, Sam faces excitement, fear, embarrassment, boredom, love and anger (plus a few other emotions) with his family and friends. And just when he is feeling frazzled, it s yoga time! He discovers that by paying attention to his breathing he can manage his fears and anxiety. But can he calm himself, when the next crisis comes? This book is perfect for children ages 5-8 who love stories and vivid illustrations, and precocious beginner readers. Suitable for engaged caregivers and parents, school counselors, yoga and classroom teachers, family therapists, anyone whose child struggles with self-control, and all who are interested in helping children practice mindfulness and self-awareness.

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