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Deeno's Dream Journeys in the Big Blue Bubble

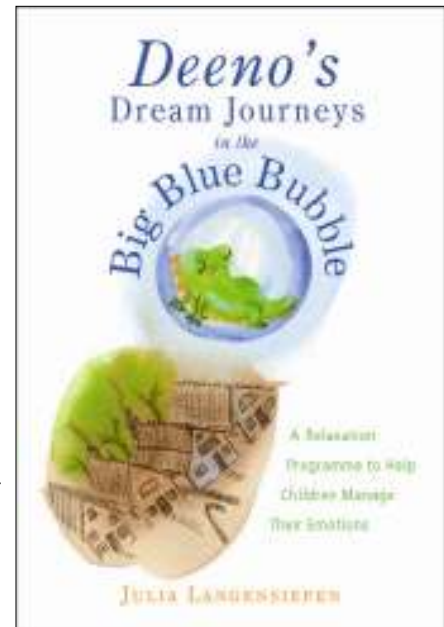
A Relaxation Programme to Help Children Manage their Emotions

Julia Langensiepen

Illustrated by Gerry Turley

**October 2009 128pp ISBN: 9781849050395
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**Coming
Soon**



'A truly inspiring book that encouraged me to give my children the gift of relaxation. I was amazed by my son's responsiveness to the stories and Deeno, the main character. A wonderful resource to be used by parents and other professionals alike.'

- Emma Coore, GP Hereford, Herefordshire, West England

Deeno's Dream Journeys in the Big Blue Bubble is a fun and easy-to-use guide to a special relaxation technique for children. Adapted from the system of Autogenics, the six-week programme uses positive affirmations and guided imagery to help children manage their emotions, let go of anxiety and feel calm and confident.

Each week, the child is given a new set of 'magic words': a relaxation tool they can draw upon whenever they feel stressed or anxious. An illustrated story based around these words, where the child is asked to imagine they are going on an adventure in a big blue bubble with Deeno the Dinosaur, draws the child into a safe and magical world and guides their minds and bodies into a state of deep, calming relaxation. Suggestions for follow-up practice and creative activities based around that week's words accompany each session, and encourage children to tap into their own imaginations. Separate introductions for parents, teachers and other professionals provide advice on how best to use the technique, whether at home, at school, or elsewhere. There is also a children's introduction, which introduces Deeno and explains the technique in accessible terms.

Julia Langensiepen is a trained and qualified Autogenics teacher, who has especially adapted the technique for use with Children. She lives in London and is passionate about empowering children to lead happy lives and enabling them to grow into strong individuals through developing a sense of peace and inner balance.

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