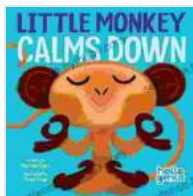


Discover the Calming Power of "Little Monkey Calms Down": A Mindfulness Guide for Little Geniuses

In today's fast-paced world, it's essential to equip children with the tools they need to navigate stress and anxiety. "Little Monkey Calms Down", the latest installment in the acclaimed Hello Genius series, is a groundbreaking guide that introduces mindfulness to young minds in a fun and engaging way.

This beautifully illustrated book follows the journey of Little Monkey, a playful and energetic character who often finds himself overwhelmed by his emotions. Through a series of simple yet effective exercises, Little Monkey learns the importance of breathing deeply, focusing on the present moment, and accepting his feelings without judgment.

Mindfulness is a practice that has been proven to have numerous benefits for children, including:



Little Monkey Calms Down (Hello Genius) by Michael Dahl

★★★★☆ 4.8 out of 5

Language : English

File size : 4021 KB

Screen Reader : Supported

Print length : 21 pages



- Reduced stress and anxiety

- Improved emotional regulation
- Enhanced focus and attention
- Increased empathy and compassion
- Improved self-esteem and confidence

"Little Monkey Calms Down" is specifically designed for young children, introducing mindfulness concepts in a way that is both accessible and entertaining. Through the relatable character of Little Monkey, children will learn the following essential mindfulness practices:

- **Belly Breathing:** Little Monkey teaches children how to focus on their breath and use it to calm down.
- **Body Scan:** Children will explore their bodies, noticing sensations and emotions without judgment.
- **Mindful Listening:** Little Monkey emphasizes the importance of paying attention to others and practicing active listening.
- **Gratitude:** Children will practice expressing gratitude for the good things in their lives, helping them cultivate a positive mindset.

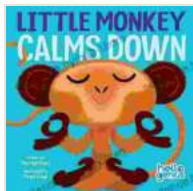
"Little Monkey Calms Down" is more than just a book; it's an immersive experience that encourages children to embark on a journey of self-discovery and growth. As they follow Little Monkey's adventures, children will learn valuable lessons about:

- **Understanding and managing emotions:** Children will learn to identify their feelings, accept them, and develop healthy coping mechanisms.

- **Self-regulation:** Little Monkey teaches children essential self-regulation skills, such as calming down when they feel overwhelmed.
- **Empathy and compassion:** By connecting with Little Monkey's experiences, children will develop empathy for others and a desire to help.
- **Self-esteem and confidence:** Through practicing mindfulness, children will gain self-awareness and build a strong sense of self-worth.
- **Based on proven mindfulness techniques:** "Little Monkey Calms Down" is based on the latest research on mindfulness for children.
- **Engaging and relatable characters:** Little Monkey and his friends are relatable and engaging, making mindfulness fun and accessible.
- **Bright and colorful illustrations:** The vibrant and detailed illustrations create a visually appealing and immersive experience for children.
- **Written by award-winning authors:** "Little Monkey Calms Down" is written by a team of award-winning authors with decades of experience in early childhood education.
- **Perfect for home and school:** This book is suitable for use in both home and school settings, supporting children's mindfulness journey in all environments.

Give the gift of mindfulness to your little genius today! Free Download your copy of "Little Monkey Calms Down" now and empower them with the skills they need to navigate life's challenges with ease and resilience.

Remember, every child deserves to experience the transformative power of mindfulness. Let "Little Monkey Calms Down" be the guide that leads them on a journey of self-discovery, growth, and lasting well-being.



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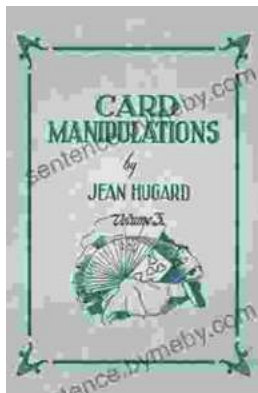
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