



# **The Goodnight Caterpillar: A Children's Relaxation Story to Improve Sleep, Manage Stress, Anxiety, Anger**

*Lori Lite*

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**THIS EDITION HAS REPLACED THE HARDCOVER VERSION.**

Children love to unwind and relax with this easy, gentle exercise known as progressive muscular relaxation. This effective research-based, stress management technique is widely accepted and used by both traditional and holistic communities. The technique focuses awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can have a positive impact on your child's health and immune system. It can lower stress and anxiety levels. It can be used to decrease pain and anger. This encouraging story quiets the mind and relaxes the body so your child can fall asleep peacefully. Sweet dreams!

This is one of four stories found on the Indigo Dreams CD ISBN 9780970863348 AND IN THE KINDLE STORE.

Spanish version, Buenas Noches Oruga ISBN 9781937985165

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