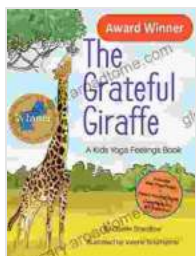


Discover the World of Emotions and Yoga with The Grateful Giraffe Kids Yoga Feelings

Are you looking for a fun and engaging way to introduce your child to yoga and mindfulness? Look no further than The Grateful Giraffe Kids Yoga Feelings, a beautifully illustrated book that brings yoga poses, breathing exercises, and mindfulness practices to life.

At its core, The Grateful Giraffe Kids Yoga Feelings helps children understand and manage their emotions. Each page features a different yoga pose or breathing exercise designed to promote a specific emotion, from joy and confidence to calm and gratitude.

But The Grateful Giraffe Kids Yoga Feelings is more than just a yoga book. It's also a story about a kind and curious giraffe named Gerald who loves to practice yoga. Through Gerald's adventures, children learn the importance of self-awareness, empathy, and kindness.



The Grateful Giraffe: A Kids Yoga Feelings Book

by Giselle Shardlow

★★★★☆ 4.6 out of 5

Language : English

File size : 11134 KB

Print length : 20 pages

Lending : Enabled

Screen Reader: Supported

FREE

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Written by certified kids yoga instructor and author Jennifer Cohen Harper, *The Grateful Giraffe Kids Yoga Feelings* is a must-have for any parent or educator who wants to nurture children's emotional intelligence and well-being.

Here's a sneak peek inside *The Grateful Giraffe Kids Yoga Feelings*:

- **Yoga poses for every emotion:** Each page features a different yoga pose or breathing exercise designed to promote a specific emotion, from joy and confidence to calm and gratitude.
- **Mindfulness practices:** The book also includes simple mindfulness practices that help children focus on the present moment and cultivate a sense of peace and well-being.
- **Beautiful illustrations:** The book's vibrant illustrations bring the yoga poses and mindfulness practices to life, making them fun and engaging for children.
- **A story about kindness and empathy:** Through the adventures of Gerald the giraffe, children learn the importance of self-awareness, empathy, and kindness.

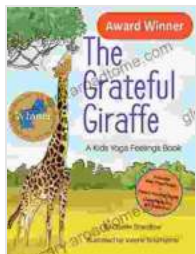
The Grateful Giraffe Kids Yoga Feelings is perfect for:

- Parents who want to introduce their children to yoga and mindfulness
- Educators who want to incorporate yoga and mindfulness into their classrooms
- Children who are interested in yoga, mindfulness, and emotional intelligence

- Anyone who wants to promote children's well-being

Free Download your copy of The Grateful Giraffe Kids Yoga Feelings today and embark on a journey of emotional discovery and yoga fun!

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