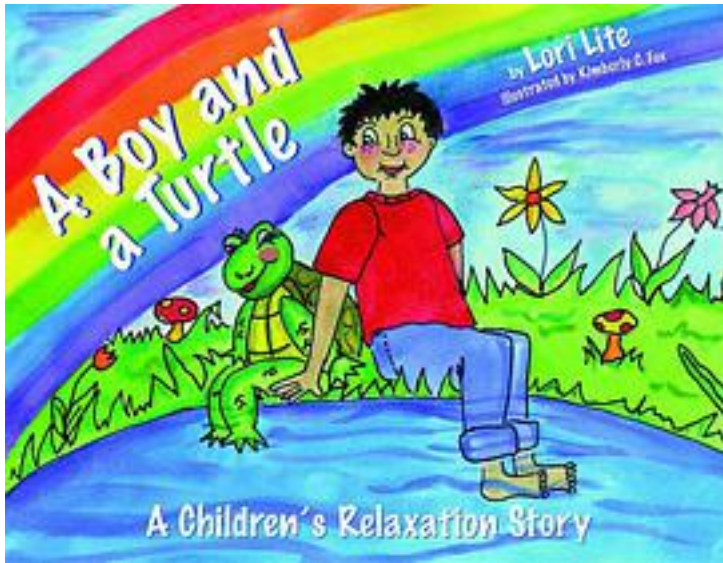


A Boy and a Turtle



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Children love to visualize or imagine filling their bodies with the colors of the rainbow. This effective stress-management technique also known as guided imagery is widely accepted and used by both traditional and holistic communities. This gentle but powerful technique stimulates the imagination. Visualization can have a positive impact on your health, creativity and performance. It can lower stress and anxiety levels. It can be used to decrease pain and anger. The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress and fall asleep peacefully. Relax with colors

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