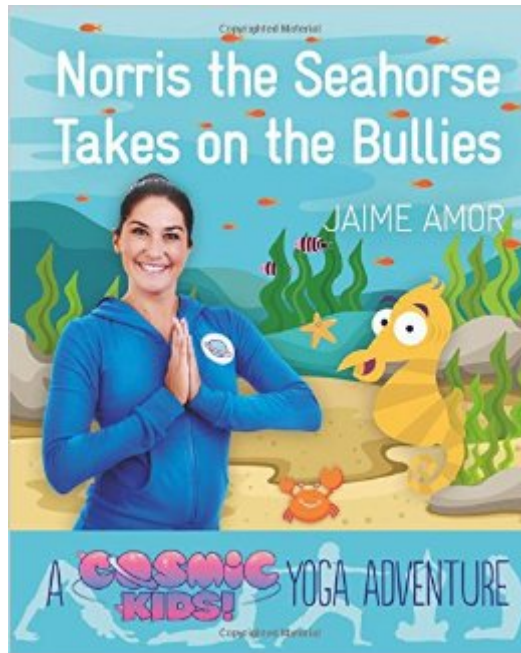


The book was found

Norris The Seahorse Takes On The Bullies: A Cosmic Kids Yoga Adventure



Synopsis

The hugely successful Cosmic Kids YouTube channel helps children discover yoga by joining presenter Jaime on monthly yoga adventures, each one a story featuring a lovable animal character that achieves something amazing. Aimed at 4 to 8-year-olds, the Cosmic Kids yoga books offer children a chance to take the yoga more slowly than is possible in a fast-moving video, to spend more time in their favorite poses, and also to enjoy reading or listening to the story. Each book is themed around a specific area of well being - in the case of Norris, this is self-confidence and dealing with bullying. In this adventure we go underwater to meet the little seahorse Norris, who's so excited to be joining the Best Fish in the Sea club. Unfortunately, there are a few bullies in the club who do their best to make him feel bad about himself. With the help of his true friends, Norris learns to take pride in who he is, long nose, slow swimming and all. He starts up the Being Me club, and soon finds that everyone wants to be friends with him. The story concludes with a relaxation and some affirmations to reinforce the message of the book. With bright illustrations, the books are designed to mirror the Cosmic Kids look, and to allow children to get to know a range of characters from the Cosmic Kids shows. There's also information at the back to help parents and teachers introduce children to yoga, even if they don't practice yoga themselves.

Book Information

Series: Cosmic Kids Yoga Adventure (Book 1)

Hardcover: 48 pages

Publisher: Watkins Publishing; 1 edition (September 13, 2016)

Language: English

ISBN-10: 1780289561

ISBN-13: 978-1780289564

Product Dimensions: 8.9 x 0.4 x 11.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #315,234 in Books (See Top 100 in Books) #47 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #74 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #283 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

OMG the kids and I just enjoyed this so much. Maybe as much as the videos we love do yoga to. IM so glad I preordered these books. I knew my daughter was gonna love it because she loves Cosmic Kids Adventures videos. Her brother and I also enjoy playing along it fun and entertaining.

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