

## **STRESS FREE KIDS**

### **SIGN OUT AVAILABLE FROM CENTRAL OFFICE**

Stress Free Kids is designed for students dealing with Anxiety, stress, anger, depression, insomnia, panic disorders, ADHD, pain and trauma, night terrors, hyperactivity, autism, OCD, low self-esteem, wellness. (Ages 6-12)

This package contains:

- Indigo Ocean Dreams CD containing 4 children's stories designed to decrease stress, anger and anxiety while increasing self-esteem and self-awareness. "Angry Octopus", "Affirmation Weaver", "Sea Otter Cove", "Bubble Riding". Also included on the CD is Indigo Ocean Dreams music.
- 4 hard cover books – "Angry Octopus", "Affirmation Weaver", "Sea Otter Cove", "Bubble Riding"

**Please note that these materials have to be signed out through Charlene at LOCCSD Central Office. To view other products available from StressFreeKids visit [www.StressFreeKids.com](http://www.StressFreeKids.com)**

Thanks. We hope that these materials will prove useful for you in dealing with children with emerging and existing difficulties.