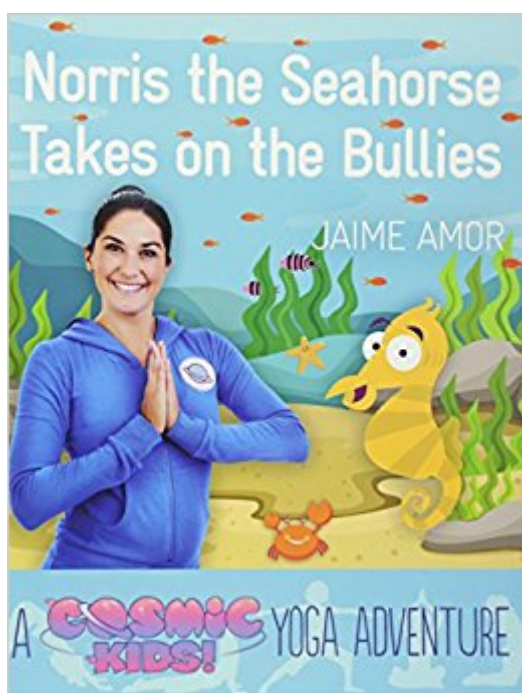


The book was found

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 2 customer reviews

Best Sellers Rank: #895,065 in Books (See Top 100 in Books) #115 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #186 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #558 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

Jaime Amor founded Cosmic Kids Yoga with her husband Martin in 2012, when they posted their first YouTube video, Squish the Fish (since viewed over one million times). They are passionate about making yoga and meditation fun and free online for kids. Jaime studied acting at the Bristol Old Vic and has an RYT200 yoga-teaching qualification. She can lay claim to being the world's most popular yoga teacher: as well as leading classes in her local area, Jaime is followed on YouTube from homes and schools by up to 100,000 children every day

I pre-ordered this book and I am so happy with them! The pictures are adorable and perfect. My kids LOVE doing yoga with Jamie and we watch her all the time on youtube. I was really excited to see she was coming out with books! I am saving them for Christmas but I looked through them myself. The books themselves are really nice, thick pages and a hardcover. Really nice for younger kids who are a little rough on them. Plus they lay open for them to do the yoga moves without the book shutting on them. The story is adorable and has a lot of real life points to it, so they are learning more than just yoga!! love them and can't wait to get all of them!

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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(Adventure Guide to Nicaragua) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS
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