

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Chapter 1 : Sesame Street book and audio sets discography | Muppet Wiki | FANDOM powered by Wikia

*The Feelings Storybook and Audio Tape (ABC Feelings) [Alexandra Delis-Abrams, Shari Scott] on blog.quintoapp.com
FREE shipping on qualifying offers.*

First, you systematically tense particular muscle groups in your body, such as your neck and shoulders. Next, you release the tension and notice how your muscles feel when you relax them. This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomachaches and headaches, as well as improve your sleep. Through practice you can learn to distinguish between the feelings of a tensed muscle and a completely relaxed muscle. By tensing and releasing, you learn what relaxation feels like and how to recognize when you are starting to get tense during the day. Set aside about 15 minutes to complete this exercise Find a place where you can complete this exercise without being disturbed For the first week or two, practice this exercise twice a day until you get the hang of it. In fact, it is better to first practice it when you are calm. That way, it will be easier to do when feeling anxious

Getting Ready Find a quiet, comfortable place to sit, then close your eyes and let your body go loose. A reclining armchair is ideal. You can lie down, but this will increase your chances of falling asleep. Although relaxing before bed can improve your sleep, the goal of this exercise is to learn to relax while awake. Take about 5 slow, deep breaths before you begin.

How to do Progressive Relaxation The tension - relaxation response

Step 1: Tension The first step is applying muscle tension to a specific part of the body. This step is essentially the same regardless of which muscle group you are targeting. First, focus on the target muscle group, for example, your left hand. Next, take a slow, deep breath and squeeze the muscles as hard as you can for about 5 seconds. It is important to really feel the tension in the muscles, which may even cause a bit of discomfort or shaking. In this instance, you would be making a tight fist with your left hand. It is easy to accidentally tense other surrounding muscles for example the shoulder or arm , so try to ONLY tense the muscles you are targeting. Isolating muscle groups gets easier with practice. Take care not to hurt yourself while tensing your muscles. You should never feel intense or shooting pain while completing this exercise. Make the muscle tension deliberate, yet gentle. If you have problems with pulled muscles, broken bones, or any medical issues that would hinder physical activity, consult your doctor first.

Relaxing the tense muscles This step involves quickly relaxing the tensed muscles. After about 5 seconds, let all the tightness flow out of the tensed muscles. Exhale as you do this step. You should feel the muscles become loose and limp, as the tension flows out. It is important to very deliberately focus on and notice the difference between the tension and relaxation. This is the most important part of the whole exercise. It can take time to learn to relax the body and notice the difference between tension and relaxation. Remain in this relaxed state for about 15 seconds, then move on to the next muscle group. Repeat the tension-relaxation steps. After completing all of the muscle groups, take some time to enjoy the deep state of relaxation. The different muscle groups

During the progressive relaxation exercise, you will be working with almost all the major muscle groups in your body. To make it easier to remember, start with your feet and systematically move up or if you prefer, you can do it in the reverse order, from your forehead down to your feet. There are many relaxation CDs for sale that will take you through a progressive muscle relaxation or something very similar. Alternatively, you can record a script of this process on a tape or CD, or ask a friend or relative with a calm, soothing voice to record it for you. It would sound something like this: Take a deep breath in through your nose—hold your breath for a few seconds—and now breathe out—take another deep breath through your nose— Now pay attention to your body and how it feels— Start with your right foot— squeeze all the muscles in your right foot. Curl your toes as tight as you can, now hold it—. In this approach, you learn how to tense larger groups of muscles, which takes even less time. These muscle groups are: Lower limbs feet and legs Stomach and chest Arms, shoulders, and neck Face So instead of working with just one specific muscle group at a time e. You can start by focusing on your breathing during the tension and relaxation. This word or phrase will become associated with a

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

relaxed state; eventually, saying this word alone can bring on a calm feeling. This can be handy during times when it would be hard to take the time to go through all the steps of progressive muscle relaxation. One of the benefits of tensing and releasing muscles is that you learn to recognize what tense muscles feel like and what relaxed muscles feel like. For example, instead of tensing your stomach and chest before relaxing them, try just relaxing the muscles. At first, the feeling of relaxation might feel less intense than when you tensed the muscles beforehand, but with practice, the release-only technique can be just as relaxing. Remember to practice progressive muscle relaxation often, whether you are feeling anxious or not. This will make the exercise even more effective when you really do need to relax. Though it may feel a bit tedious at first, ultimately you will gain a skill that will probably become a very important part of managing your anxiety in your daily life.

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Chapter 2 : Results for Shari-Scott | Book Depository

The Feelings Storybook and Audio Tape (ABC Feelings) by Alexandra, Ph.D. Delis-Abrams 1 edition - first published in ABC Feelings Learning/Coloring Book and Audio Tape (ABC Feelings).

Certainly being read to has a venerable history. At one time, all writing was meant to be read aloud, since few people could read. And reading aloud was family entertainment in the pre-radio, pre-TV days. And, of course, reading to children is both cozy and the first step towards their literacy. But downloadable audio books are increasingly popular though the growing popularity of ebooks is the headline news in publishing. Fans of audio books even have their own magazine. The first audio book I listened to was *Bossypants*, which is read by Tina Fey herself. Narration, I realize, is an art form unto itself. Is the medium integral to the message? But with novels, I wonder if the experience of listening to a book is the equivalent of animating a painting. Cool, but different from what it was. What this research revealed perhaps argues for the superiority of the audio book: Reading interferes with imagery. When you think about it, this makes sense because as the researchers explain reading and imagining both require visual representation. And indeed, I find that to create an image while I read, I often must pause, look away from the page, and imagine. With an audio book, the images come practically unbidden. The skill of the narrator undoubtedly affects the perception of the listener with audio books—but so does the skill of a reader who is reading a book. Listening also requires you to hear every single word, unlike reading, in which some of us are likely to take in whole sentences at a time, swallowing books in big gulps. That must also have an effect on our experience of a book, and for the better. I may be a more thorough listener than I am reader. For some reason, reading seems more of an activity than listening, even though both require the same amount of cognitive engagement, and the physical engagement of reading—holding a book and turning pages—is nominal. Not that I have to choose—I can do both. Which Does the Brain Prefer?

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Chapter 3 : Free printable and online kids book: How are you?, childrens English picture books

Every home should have the ABC FEELINGS coloring book and tape set. It can be a fun activity that adults and children can enjoy together. It is also a great way for kids to express their feelings and for adults to show they care.

The material inspires conversation and provides a platform for increasing emotional intelligence in very young children. The Guides have always appreciated the experiences that unfold from the ABC classroom material. I was so excited to learn about Alexandra recent project, Endangered Species Have Feelings Too, and bought a copy for every student. It is a fabulous way for the children to become educated about the status of 26 endangered species as well as continue to increase awareness and emotional vocabulary for older children. We shared the workbook with our Upper Elementary classroom this past year and as expected the beautiful words, pictures and information were invaluable to our students! Forty-six parents and teachers attended the session which was awesome. We are very much grateful towards you for your wonderful presentation on parenting. Our parents and teachers really enjoyed the session and the workshop you conducted. The workshop has been incredibly beneficial to our parents and teaching faculty. We have learned a lot about parenting, feelings, communication and character development into the classroom and home. We would like to thank you for visiting our school, sharing your experiences and expertise with our parents and teaching faculty. We hope your continuous assistance and visit in days to come. I love the idea of meditation and wanted to teach the practice to my daughter, but was not sure how to go about it. When we started listening to your tapes at bedtime, we both found them to be a perfect way to relax and let go of the activities and worries of the day. Inner Realms is particularly lovely- we have yet to get to the end of the tape before drifting off into a peaceful and contented slumber! Other parents will want to know about this tool. Thanks for the great work you do! Our program loves these socially responsible education tools. Our teachers will be providing additional feedback at the end of this school year. Thank you for the valuable tools your company provides. I spent over one hour with him, reading it and answering the questions in the book, which prompted even more. I will be using the book to track different development differences of how Isabel responds at different stages of growth. By using them with my son, we were able to eliminate the deep anger and lack of communication of feelings he had retained due to earlier domestic child abuse. I am recommending them to all my friends who are parents. Just reviewing it stimulates so many ideas, making it easier to approach the faculty. I will be using it to motivate and encourage our faculty towards a deliberate effort in character education. Up until now, the counselor has been having the customer just draw their own feelings out on paper. The child will see inside himself, identify with his feelings, and the adult will learn more about the child. This book should offer opportunities for parents to have meaningful discussions with their children. Even the parts about being sad, lonely, and mad. I think the book is good for children to learn about their feelings and how they work. As I read from page to page I found myself stopping, glancing away and daydreaming about experiences from my own childhood and those shared with my children. This clear book reminds meâ€”in its ability to carefully reach within and bring forth a powerful energy longing to be sharedâ€”of the flower whose gentle strength and sure growth splits the stone. Finally a self-help book my husband can understand! We have been using your ABC Feelings to help us get in touch, recognize, and understand our feelings. It has opened up a form of communication that we have not shared before. We are active in a Bible study class and will be using it as a study tool, as well as to understand more fully our feelings and sharing within a group. I have given your book to more adults than children, we all need it! They were used as a vocabulary builderâ€”also for grammar, because the children had a limited vocabulary. The ABC Feelings products helped them to know what word to use to express their feelings. Now they call me on my stuff! I look forward to using this new book in the classroom and at home. I just received a copy of The Feelings Storybook from a friend, and love it. Thank you for creating these wonderful products. By using your ABC Feelings book and tape, we were saved from putting him on medication. He is a much happier child as a result.

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Chapter 4 : Popular Children Emotions Books

"ABC Feelings, a coloring/learning book is adorable for little children, will stimulate conversation about feelings and help little ones and their parents." Dr. Elisabeth Kubler-Ross "I see your book as an excellent reference on 'feelings' for the creative teacher and parents.

Edit Experience Star Wars: Fully illustrated with gorgeous images by Star Wars artist Brian Rood , this epic storybook also includes a CD with word-for-word narration, music, and character voices. Leia Organa is captured by the feared agent of the Empire, the Dark Lord of the Sith , Darth Vader , but refuses to provide him with any information. Being that she is an Imperial Senator , he declares her a traitor to the Empire and orders her taken away for questioning. On the planet Tatooine, the droids find themselves captured by Jawa scavengers. They are then sold to the moisture farmer Owen Lars , who tells his nephew, Luke Skywalker , to clean them up so that they can be of service on the Lars moisture farm. While examining the droids, Luke accidentally activates a portion of a secret message programmed in the R2 series astromech droid , R2-D2. Fearing that the droids may have been stolen, Luke sets off in a landspeeder to pay a visit to Ben Kenobi. Skywalker, not ready to give up his life on Tatooine, tells him that he can only take him as far as Anchorhead. Kenobi grimly replies that he must do what he feels is right. While traveling to Anchorhead, the group discovers that the Jawa sandcrawler with had previously borne R2-D2 and C-3PO had been destroyed by Imperial forces. Turning to Kenobi, he tells him that he wants to join him on his mission to Alderaan. The two come to an agreement that Solo can pay him after completing this next charter, but if he fails again, then Jabba will bring down an army of bounty hunters upon him. When Imperial forces search the ship, however, they find it empty, as everyone has hidden in secret compartments. Once the Imperial forces leave, the group emerges and sneaks on-board the Death Star. Obi-Wan Kenobi sets off to disable the tractor beam and as he does so, the droid R2-D2 plugs into an Imperial computer and discovers that Leia Organa is aboard the station. Skywalker convinces Solo and Chewbacca to join him on a rescue mission to save the princess. He and Solo disguise themselves as Imperial stormtroopers that are escorting their prisoner, Chewbacca. The group beats a hasty retreat as stormtroopers bear down, but it soon becomes clear that they have no real plan of escape. Organa, unimpressed, decides to create her own plan and directs the group to take refuge down a garbage chute. The group lands safely on a pile of smelly garbage, but then finds the walls closing in on them. They are very nearly crushed, but Luke Skywalker suddenly remembers the droids and pages R2-D2 on his comlink, getting him to shut the garbage masher down. While all of this happens, Ben Kenobi finds the controls for the tractor beam and disables it. On his way back to the Millennium Falcon, however, he encounters Darth Vader, his former student who has now turned to the dark side of the Force. As the two engage in a fierce duel, Skywalker and the others make for the Millennium Falcon, but Skywalker is shocked when Kenobi seems to simply stop fighting in the middle of the duel, his robes collapsing in a crumpled heap as Vader swings through them. Skywalker is horrified by what he is just witnessed, but there is no time for mourning as he and the others escape the Death Star. They arrive safely at the Rebel base on Yavin 4 , but have no time to celebrate, as the Empire placed a homing beacon on the Millennium Falcon, leading them directly to the Rebels. Noting "The Force is strong is strong with this one," Vader prepares to fire, only for a laser blast to impact the vessel of his wingman, sending his own ship careening off into space. Solo comms that Skywalker is clear and as Skywalker makes his run, he hears the voice of Ben Kenobi telling him to "use the Force. Back on Yavin, everyone gathers to celebrate this great victory over the Empire. Episode IV A New Hope , but omits a number of details and scenes to fit the story within the format of a page picture book. The opening scene aboard the Tantive IV is presented largely as it is in the film, simply omitting certain dialogue unnecessary to the story. The story then skips ahead to C-3PO and R2-D2 being captured by the Jawa scavengers, the details of the journey through the desert omitted. The story continues with Luke examining the droids in the garage, omitting all material with Luke speaking with his aunt and uncle and the character of

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Beru Whitesun Lars entirely. R2-D2 is shown playing back the message from Leia Organa, but there is no mention of Luke attempting to remove a restraining bolt from him, nor having placed it in the first place. Rather than R2-D2 escaping into the Jundland Wastes, it is instead suggested that Luke boards his landspeeder directly with both droids and proceeds directly to deliver them to Obi-Wan Kenobi, fearing that they had been stolen. As such, all scenes involving the Tusken Raiders and the danger in the desert are omitted. The scene following, in which those on the Death Star receive news of the dissolution of the Imperial Senate and in which Vader chokes Admiral Conan Antonio Motti, is omitted entirely. The story continues with Skywalker and Kenobi finding the Lars homestead destroyed and traveling to Mos Eisley, though they are not shown encountering the stormtroopers, nor does Skywalker get into trouble in the Mos Eisley Cantina. Han Solo is not shown having to fend off Greedo, thus skirting the question of who shot first, though he is shown talking with Jabba the Hutt and promising him that he now has a "nice easy charter" and will be able to pay him back. On the Death Star, Leia Organa is taken before Wilhuff Tarkin, but there is never any mention of her being tortured for information and while Alderaan is destroyed, it seems to be done simply out of spite and to horrify Organa. The arrival at the Death Star and hiding then boarding is largely the same as in the film, though no reference is made to Vader detecting a familiar presence. Though the garbage compactor scene is depicted, the living creature within it is not mentioned. The remainder of the events of the escape from the Death Star are highly compressed, with the group described as simply escaping from the garbage masher and then arriving at the docking bay, where they witness the battle between Darth Vader and Obi-Wan Kenobi. Additionally, no mention is made of Han Solo choosing to leave with Chewbacca in order to pay his debt to Jabba. This is described in a few brief paragraphs with no mention of Wedge Antilles, nor by name of any Rebel pilot other than Skywalker. None of the scenes during the battle on the Death Star itself are depicted. Following the battle, the story ends with a depiction of Skywalker and Solo being presented with medals of valor.

Chapter 5 : BREAKING: Omarosa leaks new audio tape of Trump on interview with The View (VIDEO)

Three years later, () ABC Feelings Coloring Book was born which was followed by an "audio tape", poster, flashcards, carpet, feelings dictionary, and other supportive items based on the idea of encouraging emotional literacy in children (really a disguise for adults).

Chapter 6 : ABC Twiggles | KidsSoup

iTunes is the world's easiest way to organize and add to your digital media collection. We are unable to find iTunes on your computer. To download and subscribe to No Feeling Is Final by ABC Radio, get iTunes now.

Chapter 7 : Audio Books vs. Book Books: Which Does the Brain Prefer? | Real World Research

ABC Feelings Learning/Coloring Book and Companion Audio Tape by Dr. Alexandra Delis-Abrams, Ph.D. (Narrator), Joan Follendore (Editor), Shari Scott (Illustrator) starting at \$ ABC Feelings Learning/Coloring Book and Companion Audio Tape has 1 available editions to buy at Alibris.

Chapter 8 : How to do Progressive Muscle Relaxation | Anxiety Canada

Alexandra Delis-Abrams is the author of ABC Feelings (avg rating, 3 ratings, 1 review, published), Endangered Species Have Feelings Too (a.

Chapter 9 : Alexandra, Ph.D. Delis-Abrams | Open Library

DOWNLOAD PDF THE FEELINGS STORYBOOK AND AUDIO TAPE (ABC FEELINGS)

Alexandra is founder and president of ABC Feelings, Inc., an educational corporation dedicated to the emotional well-being of children. She has authored two award-winning books, The ABC Feelings Learning/Coloring book and The Feelings Storybook, part of a complete feelings awareness product line.