



# **Deeno's Dream Journeys in the Big Blue Bubble: A Relaxation Programme to Help Children Manage Their Emotions**

*Julia Langensiepen*

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Deeno's "Dream Adventures in the Big Blue Bubble" is a fun and easy-to-use guide to a special relaxation technique for children. Adapted from the classic system of Autogenics, the technique can be learnt in six weekly sessions and is designed to help children calm down, let go of stress and combat fear and anxiety. Each week, a beautifully-illustrated story about the adventures of Deeno the Dinosaur will draw the child into a safe and magical world, and teach them a new 'spell': a relaxation technique they can draw upon in times of stress. Encouraging the child to tap into his or her own imagination, the spells guide their minds and bodies into a state of deep, calming relaxation. Positive affirmations and suggestions for creative follow-up activities accompany each session and will help to build the child's self-esteem and self-awareness. A separate section for parents and carers is provided, with advice on finding a special place for relaxation, keeping children motivated, and using the technique in classroom settings. Accessible and engaging, Deeno's "Dream Journeys in the Big Blue Bubble" is an ideal tool for helping children develop relaxation skills in a fun and imaginative way.

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