

Cool Relaxing: Healthy & Fun Ways To Chill Out Ebook - Alex Kuskowski

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Start building healthy habits early! This title gives kids a chance to practice wholesome living through exercising, meditating, games and crafts. Cool Relaxing introduces a cool new way for kids to chill out. They'll love the helpful hints on how to incorporate healthy living in their daily life and the easy step-by-step photos and instructions on how to make things like a luscious lemon scrub or a lavender pillow. Make being healthy fun and easy for kids today! Checkerboard Library is an imprint of ABDO Publishing Company. Author: Kuskowski, Alex Publisher: Checkerboard Illustration: N Language: ENG Title: Cool Relaxing: Healthy & Fun Ways to Chill Out eBook Pages: 00032 (Encrypted PDF) On Sale: 2012-08-01 SKU-13/ISBN: 9781614802433 Age: 08-11 Reading Level: 03-06 Category: Juvenile Nonfiction : Health & Daily Living - General

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