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Lulu the Lion Cub Learns to Roar: A Cosmic Kids Yoga Adventure

Jaime Amor

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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 Lulu, this is coping with feelings of frustration and anger, and finding and managing our own inner power. In this adventure, we're off to Tanzania to meet Lulu, a lion cub who's not quite learned how to roar yet. This makes her really sad and frustrated and taking it out on her friends just makes her feel even worse, so we help her find ways of dealing with her emotions. Then Lulu discovers that the volcano is going to erupt ... all her friends are in terrible danger! Can she find her roar in time to save the other animals? 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.

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