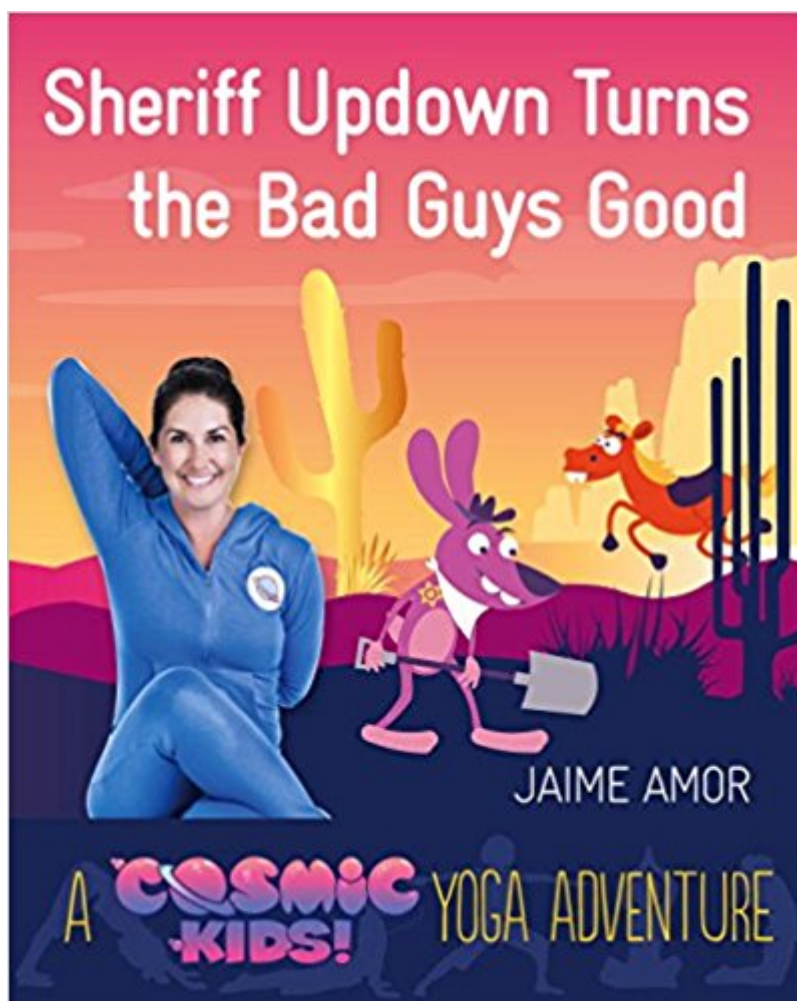


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# Sheriff Updown Turns The Bad Guys Good: A Cosmic Kids Yoga Adventure



## 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 Lulu, this is coping with feelings of frustration and anger, and finding and managing our own inner power. In this story we're off to the Wild West to have an adventure with Sheriff Updown, the rabbit who takes on all the bad guys. Luckily, Sheriff Updown finds a secret weapon: a Zappy Happy that turns bad guys into good ones. When we face up to Rex the Tex Alligator, Crooked Coyote, Brainshake Rattlesnake and the other bandits, we find that our inner Zappy Happy can make all sorts of scary situations seem fine after all. It's all about staying calm and thinking positively. 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 3)

Hardcover: 48 pages

Publisher: Watkins Publishing; 1 edition (January 17, 2017)

Language: English

ISBN-10: 1780289588

ISBN-13: 978-1780289588

Product Dimensions: 8.8 x 0.4 x 11 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #941,096 in Books (See Top 100 in Books) #121 in [Books > Children's](#)

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[Facts of Life > Health > Personal Hygiene](#)

Age Range: 8 - 12 years

## 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

This book brings together story telling and yoga. It is important for children to get exercise and to be read to, so why not have them help tell the story with yoga poses! When following the yoga poses, it is easy to understand how each pose is related to the person or thing that it represents. As for the story, itself, I personally don't think that a weapon, like the Zappy Happy, is really the way to teach kids to share their kindness with others. It is at the end of the book that we find that the Zappy Happy is all inside us, but do they have to use a weapon of any kind to spread happiness? Thank you for the free digital ARC for me to give an honest review, Watkins Publishing and NetGalley!

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