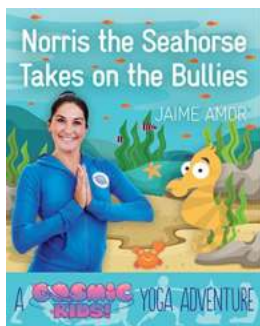


Norris The Seahorse Takes On The Bullies

Once upon a time in the magical underwater kingdom of Atlantis, there lived a brave and kind-hearted seahorse named Norris. Norris was not an ordinary seahorse; he possessed a special power that allowed him to communicate with other underwater creatures, including his fellow seahorses, fishes, and dolphins.

Despite his unique abilities, Norris had always been a target for bullies. Some of the other fish in the kingdom would mock Norris for his small size and slower swimming speed. They would taunt him, saying he would never amount to anything in the grand ocean.

But Norris was determined to prove them wrong.



Norris the Seahorse Takes on the Bullies: A Cosmic Kids Yoga Adventure

by Jaime Amor (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English

File size : 33635 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 48 pages



One day, as Norris was swimming near the coral reef, he noticed a young fish named Finley being bullied by a group of larger fishes. Finley was afraid and didn't know how to defend himself. Norris swiftly came to his rescue, using his

powerful voice to scare away the bullies. From that moment on, Norris and Finley became the best of friends.

Word of Norris's heroic act spread throughout the underwater kingdom, and soon other creatures in need of help sought him out. Norris couldn't bear to see anyone suffer, so he took on the responsibility of helping those who couldn't protect themselves against bullies.

With each act of kindness and bravery, Norris's fame grew. His reputation as a defender of the weak attracted many followers who admired his courage and compassion. They called themselves "Norris's Allies" and formed a close-knit community that worked together to create a safe and inclusive environment for all underwater beings.

But not everyone was happy with Norris's rise to fame. A group of powerful and influential fishes known as The Elite saw Norris as a threat to their dominance. They resented his ability to connect with others and feared losing their control over the underwater kingdom.

The Elite decided to challenge Norris, hoping to expose his weaknesses and diminish his influence. They spread rumors about him, attempting to tarnish his reputation and turn the other underwater creatures against him.

But Norris was not deterred. He knew that his strength came from within and his intentions were pure. He continued to stand up for justice, equality, and the eradication of bullying in Atlantis.

With the support of his loyal Allies, Norris organized community events and awareness campaigns to educate others about the importance of kindness and

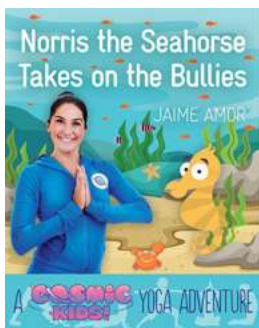
empathy. He believed that by uniting the underwater kingdom against bullying, they could create a harmonious society where every creature could thrive.

As The Elite watched Norris's movement gaining momentum, they realized that their tactics were only making him stronger. They started to question their own motivations and reflect on the harm they had caused by perpetuating a culture of bullying and oppression.

One by one, members of The Elite began to join Norris and his Allies in their mission. They apologized for their past behavior and pledged to use their influence to promote unity and acceptance. The underwater kingdom underwent a powerful transformation, with Norris's message of strength through kindness resonating with every inhabitant.

Today, Atlantis is a shining example of a society that values compassion and inclusivity. Bullying has become a thing of the past, and all underwater beings live harmoniously, respecting each other's differences and celebrating their unique qualities.

Norris's legacy as the seahorse who took on the bullies lives on, inspiring future generations to stand up for what's right and remember that kindness is the true strength that can change the world.



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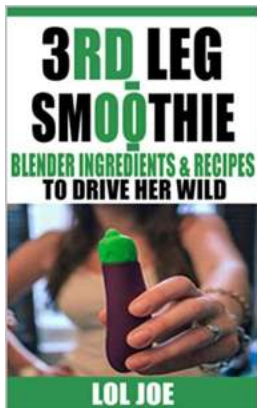


The hugely successful Cosmic Kids YouTube channel helps children discover yoga by joining presenter Jaime on monthly yoga adventures, each one a story featuring a loveable animal character that achieves something amazing. Aimed at 4 to 8-year-olds, the Cosmic Kids yoga books offer children a chance to take the yoga more slowly than is possible in a fast-moving video, to spend more time in their favourite poses, and also to enjoy reading or listening to the story. Each book is themed around a specific area of wellbeing - in the case of Norris, this is self-confidence and dealing with bullying. In this adventure we go underwater to meet the little seahorse Norris, who's so excited to be joining the Best Fish in the Sea club. Unfortunately, there are a few bullies in the club who do their best to make him feel bad about himself. With the help of his true friends, Norris learns to take pride in who he is, long nose, slow swimming and all. He starts up the Being Me club, and soon finds that everyone wants to be friends with him. 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 practise yoga themselves.



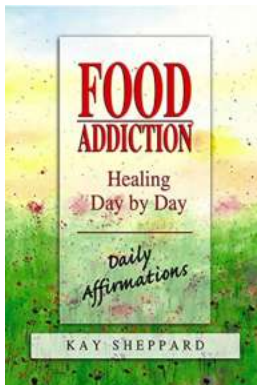
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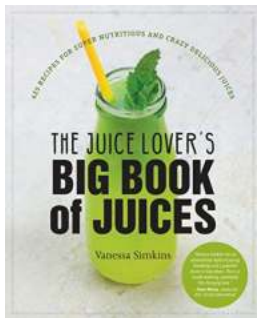
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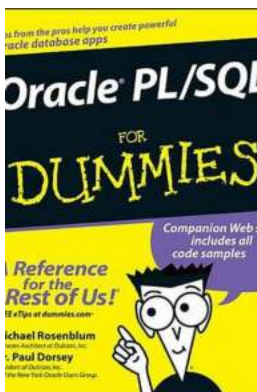
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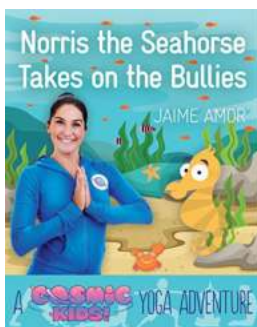
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