

Item no.: 391238

## 690343 - My little Morphe

from **74,95 EUR**

Item no.: 391238  
shipping weight: 1.00 kg  
Manufacturer: Morphée



### Product Description

My little Morphée by MorphéeItem number: 690 343EAN: 3770011690343Author: Sleep expertsIllustrator: SophrologistsMy little Morphée is a non-digital, screen-free sleep aid specially designed for children aged three to eight. It contains 192 meditative journeys to prepare children for bedtime or to help them calm down during the day. These sessions include visualisations, breathing and relaxation exercises and guided meditations. All sessions have been designed and delivered by sleep experts specialising in child relaxation. The 128 calming visual journeys take children to different destinations (an island, a desert, a forest...), guided by an animal of their choice. Each animal represents a different facet of emotion, be it self-confidence, enthusiasm, wisdom, generosity, happiness, courage, curiosity and independence. It helps children to develop their self-confidence, improve their concentration and encourage their emotional versatility.Suitable for 3 - 8 yearsPlaying time 8 - 16 minutesPackaging 220 x 150 x 92 mm

### Specifications

Scan this QR code to  
view the product  
All details, up-to-date  
prices and availability

