MINDFUL KIDS series

Hello, Happy! * No Worries! * Be Brave! * Stay Strong! * Be Positive! * Letting Go! * Sleep Tight! * Be Resilient!

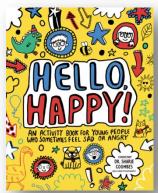
Activity | Ages 8+ | Paperback | 7 ½ x 9 | 96 pp | \$6.99 | Various authors and illustrators

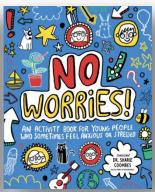
Happy ISBN: 978-1-61067-709-7 LOC: 2017942234 | Worries ISBN: 978-1-61067-710-3 LOC: 2017942235

Strong ISBN: 978-1-61067-862-9 LOC: 2018942401 | Brave ISBN: 978-1-61067-861-2 LOC: 2018942400

Positive ISBN: 978-1-68464-123-9 LOC: 2019952410 | Go ISBN: 978-1-68464-124-6 LOC: 2019952416

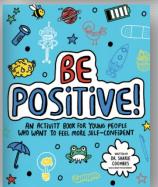
Sleep ISBN: 978-1-68464-276-2 LOC: 2020949043 | Resilient ISBN: 978-1-68464-536-7 LOC: 2022934494

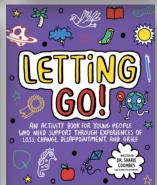












- Mindful exercises and activities tackle emotions and bullying.
- Help to work through feelings.
- Combat stress.
- Drawing, writing, and thinking for empowerment.

