

A BOOK OF ...

CALM * FRIENDSHIP * HAPPINESS

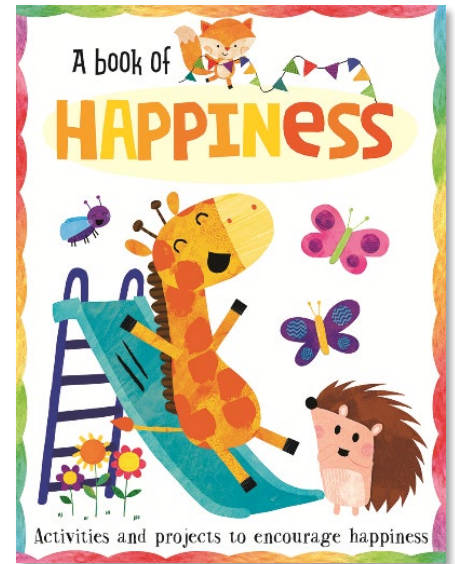
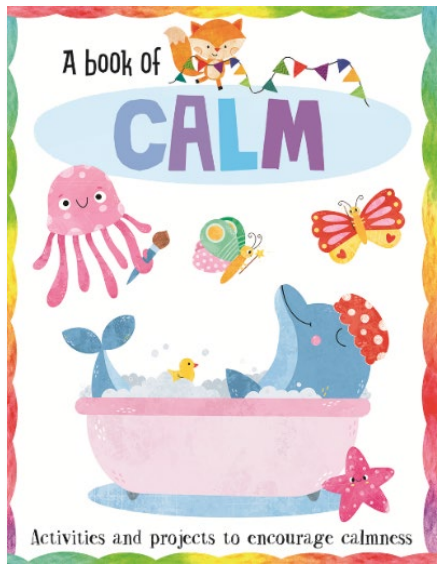
Activity | Ages 5+ | Paperback | 8 1/2 x 11 | 96 pp | \$8.99

Calm: 978-1-68464-710-1 | Eve Robertson * Nastya Rizaeva * Lindsey Sagar

Friendship: 978-1-68464-711-8 | Eve Tomblason * Nastya Rizaeva * Lindsey Sagar

Happiness: 978-1-68464-708-8 | Eve Robertson * Lindsey Sagar

Filled with activities to develop and encourage mindfulness in our daily life and in our relationships with others.



- Introduce and encourage mindfulness.
- Coloring, writing, creating.
- Emphasis on sharing.
- Step-by-step instructions and templates.

Review Praise

“... absolutely LOADED with mindful craft ideas and activities to make good use of the time spent in the calm down corner.” – *Kid’s Lit Is Lit*

