

A BOOK OF ...

CALM * FRIENDSHIP * HAPPINESS * KINDNESS

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Activity | Ages 5+ | Paperback | 8 1/2 x 11 | 96 pp | \$8.99
 Calm ISBN: 978-1-68464-710-1 | Friendship ISBN: 978-1-68464-711-8
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Filled with activities to develop and encourage mindfulness for ourselves and in our relationships with others.



- Introduce the concept of “mindfulness.”
- Coloring, making, writing and “doing.”
- Include step-by-step instructions, templates.

