

A BOOK OF HAPPINESS

A BOOK OF KINDNESS

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Activity | Ages 5+ | Paperback | 8 1/2 x 11 | 96 pp | \$8.99
 Happiness ISBN: 978-1-68464-708-8 | Kindness ISBN: 978-1-68464-709-5

Spark happiness and practice kindness through the many crafts and activities offered in these colorful books.



- Introduce the concept of “mindfulness.”
- Coloring, making, writing and “doing.”
- Include step-by-step instructions, templates.
- Encourage friendship and sharing.
- Companions to *A Book of Calm* and *A Book of Friendship* (both KM 2023).

